Chichester Herald

Friday 23rd March 2012
YOUR FREE WEEKLY NEWSPAPER

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Moment to shine

>> *Olympic Torch will bring thousands of people to the area*

Dean Adams
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ORGANISERS of the London 2012 Olympics have revealed the exact route the Torch Relay will take as it makes its way to the Olympic Stadium.

Inspirational Torchbearers from the Arun and Chichester District and the streets where they will carry the Olympic Flame have been revealed for the first time as the Torch makes its way through our area.

Arundel, Westergate, Bognor Regis, Midhurst, Easebourne, Tillington, Petworth, Duncton and Chichester will all welcome the Olympic Flame on Monday 16 July, with local residents planning parties and events.

The streets along the London 2012 Olympic Torch Relay can be viewed in full at www.london2012.com/olympictorchrelay. The website gives street by street details and proposed start times for when the Olympic Flame will travel through the Chichester and Arun Districts. Residents can find out when it will be travelling along their nearest high street, through their town square or past their local village shop.

"Annette Sawyer was nominated for her work with Save the Children and Lowland Saarch and Rescue Dogs and will be carrying the Olympic Flame through Rogate."

Two Torchbearers running with the Flame in the Chichester District have been announced – Annette Sawyer (54) and Gerald Cooke (70). Both were successful through the public nomination processes run by LOCOG and the Presenting Partners, Coca Cola, Lloyds TSB and Samsung. LOCOG has endeavoured to slot all community Torchbearers within an hour of their nomination address so that family and friends can cheer them on. Each Torchbearer will wear a white and gold uniform which has been designed by adidas.

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Annette Sawyer is pictured with her dog
Summer and being crowned on by Cllr Ellen
Rogate Primary School and
Rogate Parish Council Chairma Cllr Short
Grandchildren and Vice Chairman Cllr Elizabeth
Grow
Maisie Barnett (5) Charlie Henslaw (8)

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Local News

Shock figure reported

MORE THAN 940 businesses have closed in Chichester in the last two years, according to new research

The area's businesses have declined by 5% year-on-year, falling from 9,506 in 2010 to 8,564 in 2012, one of the worst rates in the country.

A Chichester District Council spokesman said: "What is important is the number of jobs created by new businesses starting that replaces those closing

The figures came from research carried out by Experian for the BBC

The council spokesman said unemployment in the district was 2.3% in February 2012

This is well below the South East of England, West Sussex and national average," he said.

The council said a dedicated team supported about 4,500 businesses in the district

The research looked at evidence for growth, or otherwise, in every local authority area in England.

The data included information from sole traders and partnership not normally collected by other data agencies including, for example, people operating online auction businesses from home.

Crawley was the local authority with the highest proportion of exporting businesses in East or West Sussex, due to its proximity to Gatwick Airport, the report said.

In Brighton and Hove, the number of businesses rose by 766 from 21,407 to 22,173.

The research showed that the South East, followed by London, had the lowest proportion of "champion" businesses – companies which have the ingredients to prosper in this financial and economic climate

These companies are often in a position to replace the jobs lost in small and medium-sized companies

Dover saw the biggest growth in business in Kent, although the South East region as a whole fared worse than most of the rest of the country

"Business growth over time provides a good indicator of the economic health of a local area and an indication of its future potential," the report said.

Gardeners take gold

IT'S BEEN an amazing week for Chichester College as they have taken the Gold medal and trophy for Best in Show at the judging of the Ideal Home Show Young Gardeners of the Year 2012 national competition

The news was announced by Channel 5's TV Gardener, David Domoney, in the presence of HRH The Prince of Wales and a Prince's Trust spade was presented to the team HRH was then given a tour around the show gardens

The garden, designed and built by students from the Level 3 Horticulture Diploma, celebrates the use of sustainable planting, decoration and landcraft in an urban context Particular features are the grass armchair and ash tree waterfall

Lecturer Mark Howard said through tears and a smile, "I'm so proud of them They've worked so hard for months to prepare and gave it their all this week. They really deserve this!"

David Domoney said, "Last year over a quarter of a million people at the Ideal Home Show got to appreciate the show gardens designed by our young students and this kind of exposure, with support from The Prince's Foundation for the Built Environment, can prove a great fuel injection in those young people's career paths."

The garden will remain on display outside the Earls Court exhibition centre until the end of the show on 1st April

Continued from page 1

Annette, from Singleton, has lived and worked around the Midhurst area for the last 20 years She was nominated for her work with Save the Children and Lowland Search and Rescue Dogs and will be carrying the Olympic Flame through Rogate She is the Regional Retail Manager for Save the Children, supporting and helping volunteers in 15 shops across the South of England.

In her spare time, along with her dog Summer, Annette is part of an organisation who assist the police. "I've worked with Lowland Search and Rescue Dogs for around nine years Summer is a qualified air scenting dog and a ground searching dog in training, and together we can help the police find lost or vulnerable people This could be anything from someone who's gone for a walk for the day and hasn't returned, to someone with Alzheimer's wandering off, to lost children We are all volunteers and do this in our spare time, whenever we are available."

Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, says there are some incredible people within our district, who make a huge difference to those who live in their local communities

"Monday 16 July gives us the opportunity to celebrate on the world stage the work and dedication that these people demonstrate on a daily basis For the majority of us, this is a once in a lifetime opportunity and we want to encourage our local communities to help us to showcase what our district has to offer The Olympic Torch Relay will involve many of the district's attractions including Petworth House, the Cass Sculpture Park and a lunch time stop at the Chichester Festival Theatre. We also want to highlight the many sport and leisure opportunities that are available within the district.

Sebastian Coe, Chair of LOCOG adds, "Today we bring the Olympic Torch Relay to life The Flame symbolises the Olympic spirit and its journey around the UK will bring the excitement of the Games to our streets Now the people know the route the Olympic Flame will be carried along and the Torchbearers for their community, they can start planning how they might celebrate and make it Chichester's moment to shine."

An average of 115 Torchbearers a day will carry the Olympic Flame during its 8,000 mile journey around the UK before it arrives at the Olympic Stadium on 27 July 2012 for the lighting of the cauldron at the Opening Ceremony, signifying the official start of the London 2012 Olympic Games

LOCOG has worked closely with representatives from a number of sectors in each Nation and Region of the UK to devise the route and is taking the Olympic Flame to within ten miles of over 95% of the population

Estimated times have been announced as

0.20 – 9.35am Midhurst, 0.35 – 0.50am Easebourne, 10.15 – 10.25am Tillington, 10.25 – 10.50am Petworth, 10.55 – 11am Duncton, 11.35am Chichester – to include a lunchtime stop, 13.58pm North Bersted, 14.14pm South Bersted, 14.25pm Bognor Regis, 15.00pm Woodgate, 15.20pm Westergate, 15.38pm Arundel

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Tommy Boyd

TV DIGITAL SWITCHOVER

It's a right headache isn't it? I tried re-tuning and it asked for my Tertiary address Scam to make us buy new TVs?

IDEA

Someone round here should set up a business offering to come round and sort your TV setup out for a flat £45, and advise on what you need to buy, and do the installation. Okay the business would only last for the window, but it's how people like Alan Sugar and Richard Branson got started.

EVOLUTION

I went into a Chichester charity shop that has a big book section. Charles Darwin's "On The Origin Of Species" was filed under "Fiction". Fantastic!

HEAVEN

Whatever your religion, or non-religion, Heaven is an important idea for children. Many years ago in a philosophical discussion with seven year olds, the question of whether pets went to Heaven came up. I said I wasn't sure, but if there were hamsters up there, there might be T Rex as well. The general feeling was that this would be a good thing.

ARGUMENT IN OUR HOUSE

The toilet seat. Ours broke the other day, and browsing in Homebase for a new one I remarked that the flat top is unnecessary. My wife told me that it's important because it guards the back wall against men's splashes going over and onto the bathroom floor. I believe this to be final proof that she is cuckoo. The bit you sit on is fair enough, but the extra flat top is a conspiracy to make a bit of kit that should cost £20 gets a tag of £30. Simples.

CLOCKS GOING FORWARD

It makes life a bit more interesting, I can't ever see what good it does. Last time round I counted a total of 13 clocks in our house. You can lose a total of two hours, the second hour being the time spent going round adjusting the cooker clock, the car clock, the alarm in the spare room etc.

WATCHES

People don't wear them any more except to feel important. They use their phone for the time. And to feel important.

BUDGET

We get distracted by the tweaks to tax and how they affect each of us. The bigger picture is the overall state of the economy, which seems to be turning round. If slowly.

THE USA

The Americans invested in the future and are recovering quicker than we are. They took off their shirts and fought the credit crunch bare-knuckle style. It's not the answer for us, because it's not our way. Good luck to the Yanks.

GYPSY WEDDINGS

If you wonder how the USA does it, watch the TV programme, remembering that Americans are descended from the ultimate travellers, people who upped and went off, took a big risk rather than procrastinate. The people in the programme talk passionately about heritage, pride and passion, and have no time for quiet dignity, safety and philosophical fudge. The USA is the same.

JOKE

What do politicians and nappies have in common? They both need changing regularly for the same reason.

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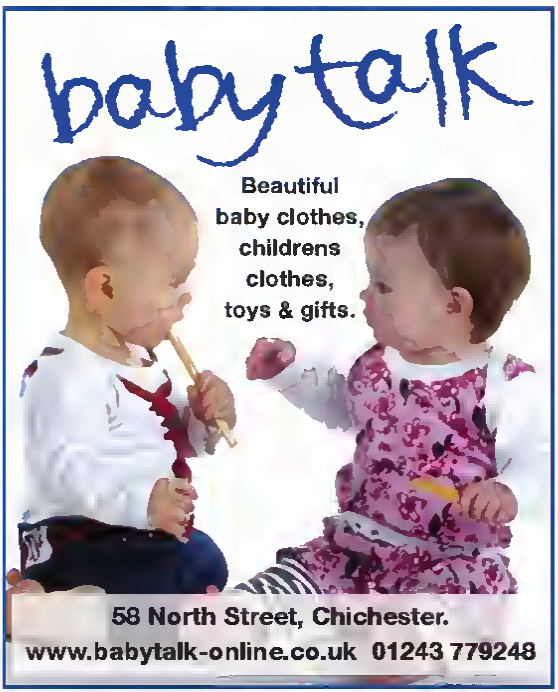
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Park blood linked to criminal damage

POLICE investigating the discovery of a large amount of blood in a Bognor Regis park believe that it may be linked to a the smashing of a shop window in the town.

At 8.30am on Sunday (March 18), a member of the public reported that there was a pool of blood in Hotham Park. The area was cordoned off and samples were taken, which are now being compared to blood left in Harfield Court in the High Street where a shop door window was smashed at 2.57am.

Police are waiting to talk to a 24-year-old local man who was taken to hospital by ambulance with a severe hand injury.

Inspector Nick Bowman from Bognor Regis police said: "I should like to thank the public for their patience while this investigation was carried out. I am aware that the park was closed at a time when people may well have had plans to enjoy the fine weather on Mothering Sunday, but there had been a number of incidents during the night and until we could be sure that they were not linked and a serious crime had not taken place, we had to secure the area for forensic investigation to take place."

Anyone who witnessed the incident in Harfield Court or who saw an injured man between the High Street and Hotham Park around 3am on Sunday is asked to call Sussex Police on 101, quoting serial 388 of 18/03.

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Pick up point areas and businesses believed to include:

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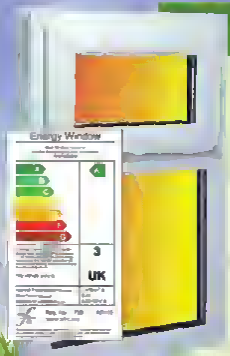

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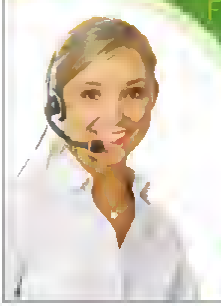

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Vettel set to star at Goodwood

CURRENT formula one world champion Sebastian Vettel is set to appear at Goodwood this summer

His arrival is expected to be a massive crowd puller during his appearance at the 2012 Festival of Speed

Last week, the Earl of March – founder of the annual Festival of Speed (28 June-01 July) and Goodwood Revival (14-16 September) – announced some of the news highlights for this season's Goodwood events. These include:

2012 Festival of Speed Highlights

AT LEAST seven current Formula One teams attending and in action, including the very first Goodwood appearance for double F1 World Champion Sebastian Vettel, along with the Red Bull Racing team and his team mate Mark Webber. Expect to see other top teams and drivers at the Festival too, with more names due to be confirmed shortly. Sebastian Vettel's Goodwood attendance links in perfectly with the 2012 Festival of Speed theme – 'Young Guns – Born to Win'.

The Cartier 'Style et Luxe' is one of the World's finest automotive concours d'elegance car design competitions, and for 2012, a unique gathering of vehicles will be brought together to mark Her Majesty The Queen's Diamond Jubilee. All vehicles will have a direct connection with Her Majesty, with most never or rarely seen in public before. These will range from formal State limousines, through to personal cars, an aircraft and even a Royal tram carriage.

The 2012 Festival of Speed will honour one of Britain's most iconic and innovative sports car brands – Lotus. The Company's past, present and future will be celebrated with the main Central Feature 'installation' outside Goodwood House, plus at least 50 significant Lotus race and road cars in action and on display during the Festival weekend.

The 2012 Festival will see expansions and enhancements to the GAS (Goodwood Action Sports) arena, the relocation of the Goodwood Aviation Exhibition within the Festival Parkland, near the Moving Motor Show, plus the largest collection of two-stroke competition motorcycles ever assembled at the event.

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2012 Goodwood Revival Highlights

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Fiftieth anniversary celebrations for the Ferrari 250 GTO, with plans for a daily parade of at least half the total GTO production, plus an all AC Cobra race to mark the first half century of the iconic Anglo-American sports car.

A daily tribute to American racer Dan Gurney, 50 years after taking his first Grand Prix victory

Two very special races, with the Nine Hours night race, 60 years after the first Goodwood race into the dark, plus a new Goodwood competition, the Settrington Cup, being held for young drivers in Austin J40 pedal cars'

A five minute video with highlights of these announcements, plus more, can now be viewed and downloaded for your own use at http //www.goodwood.co.uk/motorsport/photos-and-videos/videos/press-day-2012.aspx

Cream Tea in aid of Oxfam's International Women's Day

THIRTY ladies from Pagham joined together on Friday 9th March for a cream tea and a raffle which raised £170 for Oxfam's International Women's Day. The event was organised by Lynne Allard, a dress designer who lives in the village.

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Provided by Chichester District Council

County Council to stage 'drought summit'

WEST Sussex County Council is hosting a 'drought summit' later this month to explore what role the local authority can play following the hosepipe ban announced for most of the county from April 5.

Deputy Leader of the Council Lionel Barnard will meet with representatives from Southern Water and South East Water on March 30.

Also invited are the Environment Agency and Portsmouth Water, which is not introducing a hosepipe ban but has called on its customers to show "voluntary restraint" in their water usage in the coming months.

Lionel, who is responsible for the Communities, Environment and Enterprise portfolio, said: "Obviously as a Council we will be leading by example and doing all we can to reduce our own water consumption.

"We already have several initiatives underway and the fact that we are reducing the number of buildings we operate from will mean using less water and reduce our carbon footprint generally.

"The meeting will be an opportunity to find out what we can do as a local authority to advise residents and businesses on what steps they can take to reduce water use now, and what steps can be taken if the situation does deteriorate.

"We serve a population of 800,000 people and have a business community ranging from companies on industrial estates to many farmers and growers, so there will obviously be a great deal of concern.

"It will also be a chance to explore with the water companies what can be done in the long term once the current water shortage is over."

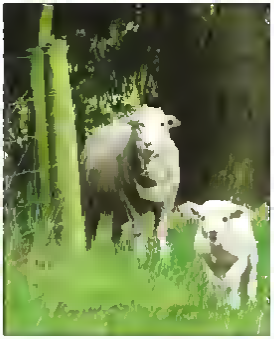
The County Council has also updated its website to include the latest information about the drought with advice on how to save water. You can see the page at www.westsussex.gov.uk and finding Drought on the A-Z index.

Meanwhile Pete Bradbury, Cabinet Member for Public Protection, is leading a review of the type of action the County Council might take if there were any further emergency measures.

He said: "A severe drought event could impact on West Sussex in a variety of ways including the disruption of our infrastructure, health and social care systems, and by putting the vulnerable at greater risk.

"We all hope the situation will not get worse, but as a responsible local authority we have to make sure we have plans in place to assist our most vulnerable communities."

Farmers' plea to stop attacks



DOG walkers are being asked to be particularly careful out on the South Downs this spring as farmers face the annual worry of dogs attacking newborn lambs.

As the weather starts to warm up more people take advantage of the National Park to exercise their pets. The vast majority respect the lives and livelihoods of the people whose land they're walking on however a few still allow their dogs off lead when around sheep.

John Archer, Environment & Land Use Adviser for NFU South East, said: "Every year a number of sheep and lambs across the National Park are killed or injured by out-of-control dogs. These attacks cause unnecessary suffering to the animals and are very distressing for farmers.

"We've already seen attacks by dogs on sheep over the past few months, with sheep being killed or injured and ewes going on to lose their lambs. We know that many attacks and losses go unreported."

Phil Belden, who heads up the ranger team across the South Downs National Park, said: "Responsible dog walking is a great way for people to get out, get fit and experience the South Downs, but even the best behaved dog can turn if their instinct to chase is triggered, for example by a young lamb.

"At this time of year, sheep are lambing in the fields and particularly vulnerable, so we're asking dog walkers who enjoy the South Downs' beautiful landscapes to be particularly considerate and keep dogs under control."

Mark Lee, of Manor Farm in the South Downs, said: "Having to face the horrific results of a dog attack on sheep is not pleasant. It's usually not the dog's fault as it's acting on impulse and while most people understand that owning a dog is a privilege there are a few who don't appreciate the importance of stopping them running free near flocks of sheep or cattle.

"Keeping your dog under control is a matter of respect for the people who take care of the land and their livelihoods."

Tuesdays and Thursdays

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(*these activities take place on a Thursday only)

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Swimming
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These sessions are very welcoming so come along and give us a try

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THE UNIVERSITY of Chichester begins a year of celebrations this month to mark the 50th anniversary of the building of the new chapel at its Bishop Otter Campus.

The Chapel of the Ascension came into use in March 1962 to replace a smaller chapel elsewhere on the campus. It has since been used by the University to hold weddings, baptisms and confirmations of students and staff, as well as for music concerts and art displays.

The Chapel has played a central role in university life since its construction, and current chaplain Reverend John Dane lead a sung mass service with the University's chamber choir, joined by University Vice-Chancellor Professor Clive Behagg and other university staff and students.

The service was the University's opportunity to mark the retirement of the Rt Revd Dr John Hind, the Lord Bishop of Chichester who is stepping down this year. Bishop John has been an ex officio member of the University's Board of Governors since he was appointed Bishop in 2001.

As Bishop of the Chichester Diocese, John Hind is also Chair of the Bishop Otter Trust. The Trust has been generous in providing grants to support the creative and cultural life of the University. Examples of funding include conservation work on the Bishop Otter Art Collection, hosted by the University in the Otter Gallery, restoration of three stained glass windows in 2011, which have been installed in University House and support for the general running of the Chapel with grants for the Chaplain's Assistant and the Organ Scholar.

The Trust has recently agreed a grant for the conservation of the Jean Lurcat tapestry, "Creation" and the restoration of three further stained glass windows dating back to the original Chapel. This work will be carried out during the refurbishment of the Chapel during 2012.

Let your property work for you

A BRAND NEW housing initiative that aims to benefit both landlords and those needing rented accommodation is being launched next month.

Chichester District Council's new Homefinder Property Management Service is a professional in-house lettings agency for private sector landlords in the Chichester District. It will be launched on 2 April 2012.

The service can provide a guaranteed monthly income to landlords, while helping people who desperately need homes to access quality housing.

"This new scheme offers a complete letting service – ranging from helping to find a tenant, to dealing with all the paperwork and day-to-day running of the property," says Cllr Janet Duncton, Cabinet Member for Housing and Planning.

"The recent reduction in the amount of housing benefit payable to private tenants has resulted in fewer private rented properties being made available. We have around 4,500 people on our housing waiting list, and desperately need more quality rented accommodation. This scheme will not only help reduce the waiting list, but also help prevent homelessness by providing more properties for us to use.

"The Homefinder Property Management Service is specifically for landlords who are willing to accept tenants claiming housing benefit. It will also offer grants to help landlords bring properties back into use and meet the required standards.

"Other councils across the country are running successful schemes such as this. And it is making a real difference by helping landlords find tenants and local people find quality housing."

The private sector housing team can offer three levels of support, which can include:

- a guaranteed rental income;
- a free full colour inventory;
- a free energy performance certificate;
- full management of the tenancy;
- access to grants of up to £4,000 to bring the property up to accreditation*; and,
- access to grants of up to £10,000 to bring an empty property back into use*.

For full details on the scheme, please contact the Homefinder Team on 01243 534734 email lettings@chichester.gov.uk or go to www.chichester.gov.uk/homefinder

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Colleagues at Sainsbury's Chichester go the extra mile for Sport Relief

SAINSBURY'S CHICHESTER is going the extra mile in their fundraising for Sport Relief this month

On 23-25 March, colleagues at the store in Westhampnett Road, Chichester, will be raising funds for this year's campaign by holding a fete along with other fun activities, including children from a local primary school who are going to be cycling 2012 miles in-store on ten exercise bikes

It is one of a number of fundraising activities which colleagues at Sainsbury's Chichester will be taking part in to raise funds for Sport Relief

Colleagues from Sainsbury's Chichester will be running the Sainsbury's Sport Relief Mile in Chichester Customers and Chichester residents taking part in the Sainsbury's Sport Relief Mile can choose to do either one, three or six miles by entering at www.sportrelief.com/mile

It costs £6 for adults, £3 for children and £15 for a family of four

Customers can also make a donation to Sport Relief through the available merchandise on sale at Sainsbury's Chichester One of the trendy items available are the Sport Relief Socks

England Women's Cricket captain visits aspiring young players in City

ENGLAND'S star Cricket captain, Charlotte Edwards, will be visiting Chichester later this month

Charlotte Edwards will be visiting the Game Set & Match store, Chichester, on Thursday 29 March, from 3pm-6pm to meet the young players in our district, sign autographs, say a few words and hopefully pop into the fantastic indoor net facilities at the store to have a look at the vast talent we as an area have to offer

The nets will be in session throughout the afternoon, however the store strongly recommend booking early

Charlotte Edwards is the current England Women's captain and until recently was the youngest player to make her test debut in the women's division at an international level Another local girl, Holly Colvin, is the youngest She made her debut in 1995 which coincidentally was the same year Game Set & Match set up their business

Charlotte is an upper order batsman and thrives in the one day format of the game, she has played over 100 ODI's and has smashed over twelve centuries in one season. The day before her eighteenth birthday she smashed a record breaking 173 n.o against Ireland in the World Cup Her maiden test hundred was scored against India

Attaining visits from such class players

Charlotte Edwards

really underlines how far the store has come these past 17years, from a little shop in Ovingdean Road to a major retailers now supplying to most cricket, hockey, rugby and bowls clubs in our area.

The visit comes just in time for the beginning of the outdoor season and can really encourage more girls to take up the game. Female participation in cricket is the fastest growing female sport in the UK.

Game Set & Match can be found at Unit 1, Beaver Trade Park, Quarry Lane, Chichester, PO19 8NY. Call 01243 538800 or visit www.gsam.co.uk for more information

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DAY EXCURSIONS

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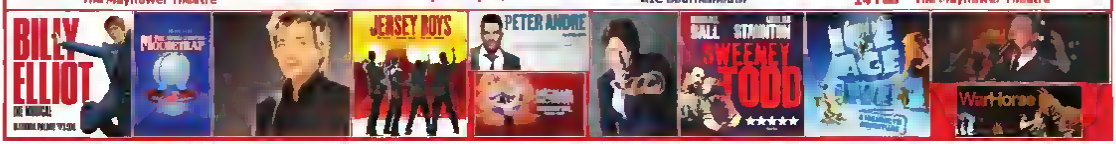
11 Apr	THE WIZARD OF OZ	London Palladium
12 Apr	MOUNTBATTEN FESTIVAL OF MUSIC	The Royal Albert Hall
14 Apr	DIRTY DANCING	The Mayflower Theatre
17 Apr	TORVILL & DEAN'S DANCING ON ICE	Wembley Arena
28 Apr	DANIEL O'DONNELL	BIC Bournemouth
11 May	THE DIAMOND JUBILEE PAGEANT	Windsor Castle
12 May	BILLY ELLIOT	Victoria Palace Theatre
12 May	CHICAGO	The Garrick Theatre
15 May	BARRY MANILOW	02 Arena
17 May	OLIVER	The Mayflower Theatre
31 May	GHOST, THE MUSICAL	Piccadilly Theatre
07 Jun	STEEL MAGNOLIAS	The Mayflower Theatre
08 Jun	CHICAGO, THE MUSICAL	The Garrick Theatre
08 Jun	MAMMA MIA	Prince of Wales Theatre
10 Jun	RUSSELL WATSON	Portsmouth Guildhall
13 Jun	SINGING IN THE RAIN	Palace Theatre
13 Jun	SWEENEY TODD	Adelphi Theatre
14 Jun	MIDNIGHT TANGO	The Mayflower Theatre
18 Jun	LOOSE WOMEN	Southbank Studios
23 Jun	RAF MUSIC SALUTE TO THE QUEEN'S JUBILEE	Loseley Park
27 Jun	THE LION KING	Lyceum Theatre
27 Jun	LES MISERABLES	Queens Theatre
28 Jun	MAGIC OF THE MUSICALS	Old Tyme Players, New Forest
28 Jun	LEGALLY BLONDE	The Mayflower Theatre
30 Jun	DREAMBOATS & PETTICOATS	The Playhouse Theatre
30 Jun	BLOOD BROTHERS	Phoenix Theatre
08 Jul	PORGY & BESS	The Mayflower Theatre
05 Jul	WAR HORSE	New London Theatre
13 Jul	THE KING'S SPEECH	Wyndhams Theatre
19 Jul	TOP HAT	Aldwych Theatre
19 Jul	GHOST THE MUSICAL	Piccadilly Theatre
21 Jul	HAIR THE MUSICAL	The Mayflower Theatre
04 Aug	KEN DODD	Worthing Pavilion
15 Aug	THE LION, THE WITCH & THE WARDROBE	Kensington Gardens
04 Sep	CAROUSEL	The Barbican
14 Sep	JOHN BISHOP	BIC Bournemouth
19 Sep	THE LION KING	Lyceum Theatre
19 Sep	LES MISERABLES	Queens Theatre
04 Oct	42ND STREET	The Mayflower Theatre
04 Oct	JERSEY BOYS	Prince Edward Theatre
13 Oct	CIRQUE DU SOLEIL MICHAEL JACKSON - THE IMMORTAL WORLD TOUR	02 Arena
18 Oct	WAR HORSE	New London Theatre
20 Oct	NEIL SEDAKA	BIC Bournemouth
01 Nov	ICE AGE LIVE	Wembley Arena
03 Nov	ICE AGE LIVE	Wembley Arena
08 Nov	THE MOUSETRAP	The Mayflower Theatre
11 Dec	PETER ANDRE	Brighton Centre
16 Dec	WAR OF THE WORLDS	Brighton Centre
31 Jan 14 Feb	PHANTOM OF THE OPERA	The Mayflower Theatre



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AT LAST, the sun is shining, temperatures are rising and it's time to shake off the cobwebs, get your bikes out of the garage and sign up for this year's Salterns Way Charity Fun Ride which takes place on Sunday 13 May.

This is the ideal opportunity to hop on your bike, enjoy the fresh air and join St Wilfrid's in their seventh sponsored charity ride to help raise funds for two very worthwhile causes - St Wilfrid's Hospice and Macmillan Cancer Support.

Starting at 9.30 am from The Cross in Chichester, the route follows the 12 mile long Salterns Way to West Wittering using cycle paths and country lanes. Mainly flat the ride is suitable for all ages and abilities and takes in some stunning scenery as it winds through the Chichester Harbour Area of Outstanding Natural Beauty.

It costs just £7 to register and cyclists are advised to sign up now as we expect the places to fill up very quickly. Prizes will be awarded to those who raise the most funds including a German handmade bike worth over £400 for the top fundraiser. The three runners-up can enjoy a family outing on a solar powered boat trip on Chichester Harbour.

Application forms for the Charity Fun Ride are available from the fundraising department at St Wilfrid's Hospice, e-mail fundraising@stwh.co.uk or call 01243 755827.

University shoots perfect penalty through partnership with alumnus business

A COLLABORATION between the University of Chichester and a leading sports biomechanics firm run by a Chichester alumnus is developing software to train footballers to take the perfect penalty.

The Quintic software, developed by Dr Paul Hurrion from Quintic Consultancy, is an immediate coaching tool giving frame-by-frame feedback on the technique to athletes and coaches.

Paul completed his undergraduate degree in 2003, and continued his education at Chichester with his PhD in 2007. Through a Knowledge Transfer Partnership, he has returned to team up with Dr Kath Shorter and Dr Neal Smith from the Sport and Exercise Sciences team at the University, and together they have applied it to the footballing world.

The new addition to the software investigates the speed and spin of a football during set pieces, and is designed to be used by football clubs to analyse the performance of their players and to improve their technique.

Ex-professional footballer Kevin Gallen visited the University at the end of February to try the software out, accompanied by cameras from Sky Sports. He was able to demonstrate how the software could be used to affect the chances of scoring a penalty in a test that was broadcast to millions of Sky Sports News viewers.

Dr Neal Smith said: "We have been working with Paul over the past six months to provide validation of the claims the software makes. The demonstration with Kevin showed how the software can be used in a coaching situation, and how it can be applied to dead ball examples, such as penalties and free-kicks."

The spin software development is the latest in a number of collaborations between the University and Quintic. Using the Vicon system at Chichester, which places reflective markers on athletes and allows their actions to be filmed in 3D, the two organisations have carried out tests around bowling actions on behalf of the International Cricket Council, and tested football superstar Cristiano Ronaldo for a Sky Sports documentary to find out what makes him one of the best players in the world.

Results of the research carried out by the University will be published after the conclusion of the project at Easter.

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The event includes information on:

- Studying higher education at Chichester College
- Student Life
- Entry Criteria
- Course Content
- Costs, Funding & Finance
- Student Support
- Progression Opportunities
- How to Apply (UCAS applications)

For more information:

Tel: 01243 786321 ext 2112
Email: victoria.sullivan@chichester.ac.uk
Website: www.chichester.ac.uk/Mature-Students/What-can-I-do/University-level-courses/
Free Post: Victoria Sullivan, Admissions, FREEPOST PT113, Chichester Campus, Chichester, West Sussex. PO19 1SB

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Spacey and Irons excel in Margin Call's high finance meltdown

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JEREMY Irons teams up with Kevin Spacey in Margin Call, the thriller set in the world of high finance Inspired by the 2008 meltdown in an embattled trading firm over a 24 hour period, brutal lay-offs part of the tense story Analyst Eric Dale (the ever-brilliant Stanley Tucci), escorted off the premises, gives top secret information of a young analyst the firm could go bust overnight The top brass, played by Spacey, Irons and Paul Bettany, convene a crisis meeting, trading boss Spacey discovering too late that he does have a conscience that his other colleagues lack.

This confident drama is joined by Martha Marcy May Marlene, a powerful psychological thriller starring Elizabeth Olsen as Martha, a young woman rapidly unravelling amidst her attempt to reclaim a normal life after fleeing from a cult and its charismatic leader (John Hawkes) Seeking help from her estranged older sister Lucy and Lucy's husband, Martha is unable and unwilling to reveal the truth about her disappearance. When her memories trigger a chilling paranoia that her former cult could still be pursuing her, the line between Martha s reality and delusion begins to blur

19th century European nobility, beautiful women, jealousy, wealth, a young orphaned boy and paternity are the themes of Mysteries of Lisbon, an exquisite, lavish film two part film. Based on Portuguese writer Camilo Castelo Branco's book, the nobility of Portugal, Spain, Italy and France come under scrutiny, their secrets revealed as Pedro, the young orphan, is told of his mother's real identity

An ex-cop turned con takes to the rooftops to top himself in Man on a Ledge But what is the real reason behind the man's perceived attempt to draw attention to himself and is he really a smokescreen for a spectacular diamond heist? Find out how the twists and turns develop in this gripping thriller

The We Need to Talk about Allen series continues with Woody Allen's Hannah and her Sisters starring Michael Caine, Mia Farrow and Dianne Wiest. Don't miss either Daniel Auteuil in Conversations with my Gardener, a delightful, warming story of friendship between city painter and country gardener, childhood friends reunited after decades when the painter returns to live in his childhood home.

Students show support for lecturer through charity concert

MUSIC STUDENTS at the University of Chichester have organised a concert in support of The Sussex Snowdrop Trust, after the son of their lecturer was diagnosed with leukaemia

The Sounds of Snowdrops' concert is a student-led initiative to do something positive to show support for Senior Lecturer Alison Woodward, her family and her six year-old son, Miles.

The idea for the concert came from the 'Preparing for a Public Performance' module, part of which also sees the students travel to local schools to put on concerts and workshops with an Olympic theme that emphasise diversity, inclusivity and challenges

Dr Laura Ritchie, Senior Lecturer in Music, said, "It's amazing that the students have grouped together to organise this concert. It really goes to show the sense of community that there is at the University; the students are just as keen to support the staff as vice versa

"These students have taken on the spirit of this Preparing for a Public Performance module and have made it their own They organised this concert without using any of the Music Department's administrative facilities.

"The group has developed a strong identity, as the final cohort completing the Instrumental/ Vocal Teaching Foundation Degree before the new BMus courses are launched next year From going into area schools to do concerts and workshops, to shadowing the BBC Symphony, to this fundraising concert, they have been 100% committed "

Alison, who knew nothing of the organisation of the concert, said: "The Snowdrop Trust has been amazing They have completely transformed our life at home."

The 'Sounds of Snowdrops' concert will be held in the Chapel at the University's Bishop Otter Campus, on Thursday 29 March, at 0 30pm.

The concert is open to the public. Entry is free, and donations will be collected for the Trust at the event

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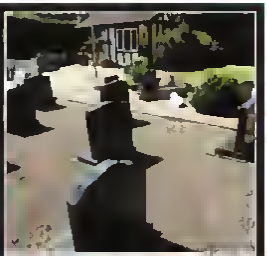

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Programme of activities for the day

Activity	Time
Animal Magic - Meerkats, Porcupines, Hedgehogs, Parrots, Reptiles, Skunks and more*	11am - 3pm
Mini Olympics - Parent and child races Egg and Spoon race 3 legged race Obstacle race Welly Throwing	Races start at 11am and 1pm
Crafty Cabin and Junk Modelling	10am - 4pm
Pooh, Tiggie, Piglet and Roniga are in time	On the hour - 11am, 12pm, 1pm, 2pm, 3pm and 4pm
Magical Woodland Walk - Children's play equipment	10am - 4pm
Gift Shop, Cafe, Tea Nursery	9am - 4pm
BBQ	11am - 3pm
Craft stalls in the Market Place	9am - 4pm
Access Music in the Derby	10am - 4pm
Owls 4 U*	9am - 4pm
Owls 4 U - Owl talk How to raise a baby chick*	10.45am and 2.45pm
Easter Egg Hunt and Quiz	9am - 4pm
Open Farm - Goats, Alpacas, Pigs, Pony, Donkeys, Ducks, Chickens. Enter animal enclosure included in admission	10am - 4pm Enter Enclosures Feeding Times* 11am, 1pm and 3pm
Walk the Goats	9am - 4pm
Spirit FM - broadcasting live with Milly and Vicky	10am - 4pm
Spirit FM - The Official Naming of our Alpacas Milly, Vicky, Nicky	4.45pm
Prize Draw every hour	11am, 12 noon, 1pm, 2pm, 3pm and 4pm
Broomstick - Parrot Peg making	9am - 4pm
Neil Helyer (HNC, MIPR) Talk on "The Natural Predators of the Common Garden Pests"	4pm
Giant Jenga, Jenga, Pick up sticks, Snakes and Ladders and more	10am - 4pm
Official Launch of £4 m Fundraising Appeal	12.30pm
Make a dream catcher from natural materials* **	9am - 4pm 10 noon 1pm 2pm 3pm
Build a bug home to take home with you* **	10am 11am 12 noon 1pm 2pm 3pm
Sow your own Mini Vegetable Garden and take home with you* **	9am - 4pm 12 noon 1pm 2pm 3pm
Build a wooden bird box - Pre Booking required* Call 01243 546438	Confirmed at time of booking

* These activities will be on a drop in/first come first served basis. ** Maximum of 10 children per group.

Entertainment

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Contraband (15)

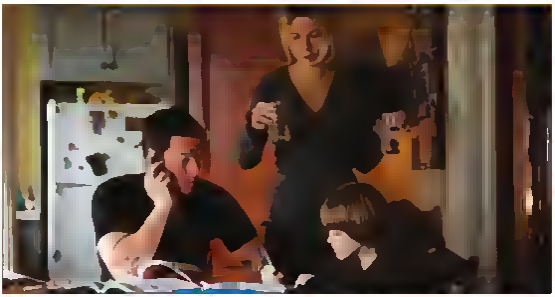
THREE out of Five stars

Running time: 110 mins
Director: Baltasar Kormakur
Starring: Mark Wahlberg, Giovanni Ribisi, Ben Foster, Kate Beckinsale, JK Simmons, Diego Luna

Watchable, if occasionally predictable thriller heightened by strong performances and some offbeat location work, though the script has a few problems and isn't nearly as clever as it thinks it is

What's it all about?
Contraband is a remake of Reykjavik-Rotterdam, an Icelandic thriller that director Baltasar Kormakur both produced and starred in. Mark Wahlberg plays Chris Farraday, a hotshot ex smuggler-turned-family-man who's persuaded to undertake the time honoured "one last job" after his useless brother-in-law (Caleb Landry-Jones) gets deep into debt with psychotic gangster Briggs (Giovanni Ribisi). Assembling his old crew of smuggling types (including best friend Lukas Haas), Chris boards a ship headed for Panama and attempts to smuggle some counterfeit cash under the nose of no-nonsense ship's captain, Captain Camp (JK Simmons).

Meanwhile, Chris leaves trusted friend



Sebastian (Ben Foster) in charge of making sure nothing happens to his wife Kate (a blonde and almost unrecognisable Kate Beckinsale) and their two kids, but things quickly go horribly wrong when it transpires that someone inside Chris' team is feeding information back to Briggs.

The Good
Wahlberg can do likeable working class hero types in his sleep, so he's more or less on auto-pilot here, with predictably solid, if slightly dull results. Fortunately, he's surrounded by a colourful supporting cast who liven things up a bit – Simmons is great value as the smuggler-hatin' Captain, while Ribisi gives it the full-on twitchy psycho routine as Briggs and Diego Luna is good value as Chris' Panama contact with a lucrative sideline in stolen paintings. Beckinsale is equally good as Kate (and is clearly relishing the chance to ditch her usual posh persona), but she's pretty much sidelined by the script and doesn't get all that much to do.

Kormakur keeps things ticking along at a decent rate and there are a number of enjoyable sequences and shoot-outs, most notably during the Panama sequence. Similarly, the film benefits from some offbeat location work (the Panama Canal), which is heightened by cinematographer Barry Ackroyd's moody photography.

The Bad
The main problem with the script is that it thinks it's being terribly clever, whereas in fact, any film-savvy audience members are likely to be two steps ahead at all times, you can probably guess the double-crosser from the cast list, for example, while the (admittedly satisfying) finale plays out almost exactly the way you expect. There are also a few annoying logistical issues (such as the various timings involved in the smuggling operation) and the film has a tendency to establish characters and then leave them with nothing interesting to do (Haas, Luna, Beckinsale).

Worth seeing?
Contraband is a solid, if forgettable Friday night thriller enlivened by a decent cast and some offbeat location work, but it's also a little too clichéd and predictable for its own good.

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C) THE BIG BANG THEORY

Send your answer and your full name, address and a contact phone number to **info@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 27th March at midday. The winner will be notified later on that day.

• Last weeks winner is Kelly Mclean from Birdham

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Join in with Chichester's Vintage Parade

WHAT'S SWEET and is coming out at Easter? The Vintage Parade at Chichester

A new vintage fair is coming to Chichester town on Easter Saturday. The Vintage Parade was set up to give the local people of Chichester and surrounding areas an opportunity to access the charm of 1930's-1950's vintage fashions and paraphernalia

The fair aims to bring together a community that fosters vintage culture. Debuting at Chichester City Council's Assembly Room, North Street, on Saturday 7 April 2012, the event plans to bring Easter and Vintage together – let's hope there is lots of chocolate!

Enter and join in the day of vintage treats, live music, a beauty salon and a Gingham adorned tea parlour, which runs from 11am-4pm

Come along in fancy dress to be entered into the Best Dressed Vintage award - rosettes and prizes to be given. There is even an opportunity to win a Vintage Hamper, full of vintage treasures and treats

A perfect Easter weekend for all the family. If you would like to be involved or come along, please check out The Vintage Parade's website www.vintageparade.co.uk or contact info@vintageparade.co.uk

THE WINNER OF A PAIR OF TICKETS FOR THE 5TH CHICHESTER WRITING FESTIVAL AT WEST DEAN TO SEE THREE AUTHORS IN 'AN AUDIENCE WITH...' WHICH IS TAKING PLACE ON FRIDAY 30 MARCH - SUNDAY 1 APRIL 2012 IS MRS. R LATHAM OF CHICHESTER. CONGRATULATIONS TO HER ON WINNING.

Chichester Festival Theatre announces... A Marvellous Year for Anthony Andrews

CHICHESTER Festival Theatre is delighted to announce that the first actor cast in A Marvellous Year for Plums is Anthony Andrews

Anthony Andrews, best known for his role as Lord Sebastian Flyte in Brideshead Revisited, will play Anthony Eden in the world premiere of A Marvellous Year for Plums

A distinguished film and television actor, Anthony appeared alongside Colin Firth in the Oscar winning film, The King's Speech, as well as the recent BBC television adaptation of Sebastian Faulks' Birdsong

A Marvellous Year for Plums runs in the Festival Theatre from 11 May-2 June 2012.

Also, to celebrate the Festival Theatre's 50th Anniversary, they are giving out have 50 facts to mark each year the Theatre has been open.

Each week, a new fact will be revealed on their website.

This week, did you know that Chichester Theatre, the Chichester Festival Theatre for the South of England, the Wessex Theatre, Everyman's Festival Theatre Chichester and Southern England's Drama Theatre were all considered as names before Chichester Festival Theatre was chosen, a name that says everything in three words

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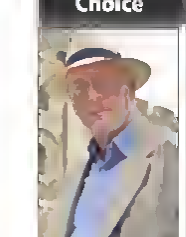

HDW GOD MADE THE ENGLISH
BBC2 8.20pm

For a long time received wisdom suggested that God had a beard and a white robe. Now, it seems, he lives in the Cotswolds and drinks Earl Grey. The English have long claimed the supreme feeling as their own. Well this new documentary series may or may not dismantle the messianic myth embracing that long-held belief. It seems the English may not have as much in common with God as they first hoped. In episode one, A Tolerant Nation?, Dermot MacGuill is presenter of the award-winning series. A History of Christianity challenges the commonly held assumption that the English are historically exceptionally tolerant

BBC1

6.00 Breakfast 9.00 Saturday Kitchen Live 11.30 The Little Paris Kitchen: Cooking with Rachel Khoo (R) 12.00 BBC News; Regional News; Weather 12.10 Football Focus 1.00 Formula 1 Malaysian Grand Prix: Qualifying Highlights. 2.15 John Bishop's Sport Relief Hell (R) 3.15 Sport Relief 2012 The Chat 5.05 4.30 Pointless 5.10 BBC News; Regional News; Weather 5.30 A Question of Sport Extra Time

9.00 Winter Wipeout
Celebrity Special.
Canning's host Eddie The Eagle Edwards and Tony Mortimer tackle the course.

7.00 The Voice UK. New series. Holly Willoughby and Reggie Yates co-host the singing contest in which Tom Jones, Jessie J, Will.i.am and Danny O'Donoghue seek out the nation's best vocal talent.

8.00 The National Lottery: In It to Win It Quiz show, hosted by Dale Winton, includes the Lotto and Thunderball draws.

8.10 Casualty. The investigation into the allegation of assault made against Sam begins.

10.00 BBC News; Weather.

10.30 Match of the Day including highlights of Chelsea v Tottenham Hotspur; National Lottery Update.

11.05 The Football League Show Highlights of today's games in the Championship, League One and League Two.

2.00 (RST) Weathernews 2.05 BBC News

BBC2

6.00 Beebies 7.05 CBBC 12.00 Film Ancuns Aegon (1945) Musical, starring Frank Sinatra and Gene Kelly. 2.10 Film Campbell (1967) Musical, starring Richard Harris. 5.05 Escape to the Country (R) 6.00 Flog It!

6.50 Dad's Army. (R)

7.20 The Story of Light Entertainment. Stephen Fry presents a history of music programmes, from their roots in variety performances to today's popular shows. Includes a contribution by Simon Cowell.

8.20 How God Made the English. Dharmaid McCuish scrutinises England's reputation as a tolerant nation challenging the commonly held view that the trait evolved as a result of the Enlightenment.

9.20 FILM: Bright Star. (2009) Romance. Biopic telling the story of 19th-century poet John Keats (Ben Whishaw) and his passionate relationship with neighbour Fanny Brawne (Abbie Cornish). Ben Whishaw, Attila Cornish and Paul Schneider

11.00 The Sarah Millican Television Programme. Sarah talks about food and survival programmes with Charley Boorman and Olly Smith. (R)

11.40 FILM: Synecdoche, New York. (2008) Romantic Drama, starring Philip Seymour Hoffman

2.40 Film: (1957) Casimel. (2007) Premiere. Comedy, starring Nadine Labaki. 4.10 Close

iTV1

6.00 ITV Mid-ITV 7.25 ITV 9.25 ITV News. 9.30 The Jeremy Kyle Show (R) 10.25 The Jeremy Kyle Show USA 11.20 This Morning Saturday 12.20 Murder She Wrote (R) 1.25 ITV News Weather. 1.40 The Pamela Funniest Animals (R) 1.05 Film The Turks (1999) Biker comedy starring Tim Hanks. 3.45 Film Land of the Lost (2009) Romantic Comedy adventure starring Will Ferrell. 5.30 Regional News Weather 5.45 ITV News Weather

6.00 How You've Been Framed! Harry Hill presents amateur camcorder calamities.

6.30 All the Family Fortunes.

7.30 Harry Hill's TV Burp. The funnyman presents the best burp in the present run. Last in the series.

8.00 Britain's Got Talent. New series Ant and Dec look for the sixth season of the talent show with new judges David Walliams and Amanda Holden and Simon Cowell on the panel.

9.30 Take Me Out. Another sleeve of hopefuls takes part.

10.30 The Jonathan Ross Show. With Simon Cowell, David Walliams, Danny DeVito, Cee-O Benny and Gabrielle Last in the series.

11.30 ITV News Weather.

11.35 The Cube A class assistant and a retired theatre worker take part. Last in the series. (R)

12.30 The Zone. ITV News Headlines. 3.00 (RST) in Plan Spain. 3.05 (RST) Nightscreen 5.30 ITV Morning News

Channel 4

6.10 The Hobbs (R) 6.35 Really: London 2012 Paralympics Extra The British wheelchair rugby team prepares for the Games (R) 7.30 The Grid 7.55 The Morning Line 8.55 T4 Kobe Pop 9.25 T4 The Priest in an Adventure with Sherlock: T4 Movie Special 9.55 T4 The Album Chart Show Interviews: Emeli Sandé (R) 10.10 T4 Channel Wrapper 10.15 T4 The Big Bang Theory (R) 11.40 T4 The Big Bang Theory (R) 12.05 T4 The Big Bang Theory (R) 12.40 T4 The Simpsons (R) 1.10 T4 The Simpsons (R) 1.00 Channel 4 Racing 4.10 Come Dine with Me (R) 4.45 Come Dine with Me (R) 5.20 Come Dine with Me (R) 5.55 Come Dine with Me (R)

6.00 Come Dine with Me Matt Wilkes hosts the final dinner party in Stoke-on-Trent (R)

6.30 4thought.tv.

6.50 Channel 4 News.

7.25 Alice in Wonderland. Cooking with summer garden vegetables (R)

8.00 Big Fat Gypsy Weddings The battle of Dale Farm (R)

9.00 The Million Pound Drop Live. New series. Davina McCall returns with the high-pressure quiz show. Rachelle Wheaton and Nicholas King from the Saturdays join members of the public as they compete for £1 million.

10.00 FILM: Jennifer's Body. (2009) Premiere. Horror starring Megan Fox.

2.00 Film: (BST) The Vault of Horror (1973) Horror anthology starring Denel Menser. 3.30 Reaper (R) 4.10 I Hate The Stars (R) 4.40 Countdown (R) 5.00 Film Unleashed. (2007) Thriller, starring John Ireland

Channel 5

6.00 Milkshake! 10.00 Nuts Hollywood (R) 10.05 The Hunger Games: Inside Special 10.30 Building the Stiller Tower Megastructures (R) 11.25 Eddie Stobart: Trucks and Trailers (R) 12.40 Film Short Circuit 2 (1988) 2.45 Film Contact. (1997) Sci-fi drama starring Jodie Foster 6.25 Film Daddy Day Care (2003) Family comedy starring Eddie Murphy

7.30 5 News Weekend.

7.55 NCIS: Mistress Curse The agents travel to LA to work with another NCIS team on an investigation that escalates into a high priority case and Tony begins to pry into Ziva's life. (R)

9.10 NCIS. The team members are surprised when Gibbs asks Tony's father to join them on a murder investigation. Guest starring Robert Wagner. (R)

9.00 CSI: Crime Scene Investigation Hodges and Wendy attend a pet convention but the event is disrupted by the murder of a TV producer. Featuring cameos by the stars of game shows including Balthazar Getty. (R)

10.00 CSI: NY The crew ingested alleged rapist John Curtis in put in custody. (R)

10.55 Law & Order: Special Victims Unit.

11.50 Hell on Hollyboard (R)

12.00 SuperCheetah 4.00 (BST) Desert Scientists. (R) 4.55 Great Scientists. (R) 4.50 Country Secrets. (R) 5.00 Home Helpline. (R) 5.10 The Milkshake Show (R) 5.25 Thomas & Friends (R) 5.40 Rotary the Racing Car (R)

Digital

ITV2
3.00 American Idol 5.55 Film. Pepper (1996) 6.00 Horrible Histories 6.30 Pamela's Funniest Animals 9.00 Britain's Got More Talent. New series. Stephen Mulhern goes behind the scenes of the show and talks to presenters Ant and Dec as well as judges Dawn Williams, Simon Cowell, Amanda Holden and Simon Cowell. 10.00 Take Me Out — The Gossip 11.05 Celebrity Juice 11.50 Totally Bonkers Guinness World Records

ITV3
2.50 Film Agatha Christie's Murder in Three Acts (1986) 4.50 Rosemary & Thyme 5.50 A Touch of Frost 9.00 Doc Martin 10.00 Foyle's War 11.00 Those Who Kill

ITV4
2.30 Film The War Wagon (1967) 4.25 Film The Sky Was Lower Me (1977) 6.00 Wheeler Wars 6.00 Power Builders 8.00 Film: Moonraker (1979) Adventure starring Roger Moore 11.30 Film The Game (1997)

BBC THREE
7.00 Dream Who 7.50 Top Gear 9.00 World's Greatest Feats 9.00 JLS Sing for Sport Relief 10.00 Family Guy 11.35 American Dad

BBC FOUR
7.00 Lost Cities of the Ancients 8.00 Monty Don's Italian Gardens 9.00 Inspector Montalbano 10.45 Top of the Pops: 1977 11.20 Lost Cities of the Ancients

E4
3.45 Hollyoaks 4.20 Rules of Engagement 4.50 Scrubs 5.20 The Big Bang Theory 7.05 How I Met Your Mother 7.35 Rules of Engagement 8.20 Happy Endings 8.00 Film: Independence Day (1996) 11.50 The Big Bang Theory

FILM4
5.20 Guess Who (2005) 5.10 Eragon (2006) 7.10 Bedazzled (2000) Fantasy comedy remake, starring Brendan Fraser. 9.00 Dogma (1999) Comedy fantasy, starring Matt Damon and Ben Affleck. 11.25 Bug (2006)

Sunday TV

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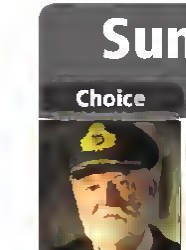

TITANIC
ITV1 9pm

The problem with bringing a true-life story to the screen is that everybody knows how it's going to end. So what can a writer do to keep the humble viewer on the edge of their seats? Well, if you're Julian Fellowes, the answer is to make the tale more human. Now after decades of seeing tantalising trailers, Fellowes' lavish four-part take on the sinking of the Titanic is here at last and can't be and to see for ourselves whether he's managed to breathe new life into a story we probably think we already know inside out. The opening edition introduces viewers to the wide variety of people about to board the ship in Southampton: Linus Roache, Celia Imrie and Sophie Winkleman are

BBC1

6.00 Breakfast 7.00 Match of the Day 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks (R) Weather on the Week Ahead 12.00 Sunday Politics 1.00 Sport Relief 2012: The Mile Show 2.45 Formula 1 Malaysian Grand Prix 4.40 The Food Programme 5.10 Songs of Praise 5.40 Land Girls (R)

6.30 BBC News; Regional News Weather

7.00 Countryfile. Matt Baker and Julia Bradbury explore Leicestershire including Weather for the Week Ahead.

9.00 Antiques Roadshow. Fiona Bruce and the team visit the Yorkshire Museum in York, where the main item of interest is a casse-tête found in Captain Scott's tent during the 1910 Terra Nova expedition

9.00 Upstairs Downstairs. Lady Agnes returns home desperate to heal her marriage and Sir Hallam is more than willing to make amends. But a dark discovery has explosive consequences. Last in the series.

10.00 BBC News; Regional News; Weather

10.25 Wimbledon 2012 Highlights of the Men's Singles Championship Match.

12.30 Weatherview 12.35 Sign Zone Film 2012 with Claudia Winkleman (R) 1.15 Holby City (R) 2.10 Question Time (R) 3.10 Antiques Road Trip (R) 4.00 BBC News

BBC2

6.00 CBeebies 7.00 CBBC 10.00 Saturday Kitchen Best Bites (R) 11.30 Escape to the Country 12.30 The Sharks are Coming 1.00 Film Saraband 3.10 Film Carry On Again, Doctor (1969) Comedy starring Sid James. 4.50 Film Carry On at Your Convenience (1971) Comedy starring Sid James

6.00 TP2: Sky Bands. Rollicksmanship by SLS, the Monkees, Westlife, Village People and Basin Square (R)

7.00 Sandhurst. New series. Documentary following cadets at the Royal Military Academy as they undergo an arduous training programme in a bid to become British Army officers. Previously shown on BBC4.

8.00 Top Gear Further highlights from the show's 17th and 18th series, in which Jeremy Clarkson, Richard Hammond and James May get up to more motoring mischief.

9.00 In Order: How Solid Is a Rule for Rule Discovery Magyle Adam Pocock reveals how statistics help researchers tell a true pattern from a fluke.

10.00 Shows of the Day 2. Highlights of News Broadcasts from Newcastle United.

10.00 Sir Rich and the Tycoons. An American billionaire sponsors a Northumbrian non-league football club.

11.20 Football League Trophy Highlights.

12.05 Formula 1 Malaysian Grand Prix. (R) 2.00 BBC News 4.00 Close.

iTV1

6.00 ITV Mid-ITV 7.25 ITV 9.25 ITV News 9.30 Ant & Dec's Saturday Night Takeaway 10.30 Britain's Got Talent (R) 1.35 Film Murder, She Wrote: The Celtic Riddle (2000) 3.35 Midsomer Murders (R) 5.35 The Planet's Funniest Animals (R) 5.50 Regional News Weather

6.00 ITV News Weather.

9.30 Harry Hill's TV Burp. The funnyman presents the best burp in the present run. Last in the series. (R)

9.00 Babies on Sea. The celebrity dating contest reaches its climax as the three remaining stars battle it out in the hope of succeeding last year's winner Sam Attwater. Last in the series.

9.00 Titanic New series. Epic drama re-telling the story of the maritime disaster. People from all walks of life board the liner at Southampton unaware what lies ahead. Linus Roache stars. The four-part drama continues on April 15 – the 100th anniversary of the real-life disaster.

10.00 ITV News 10.10 Weather.

10.15 Piers Morgan's Life Stories: David Suchet – People I Have Shot. The actor who portrayed Agatha Christie's detective Hercule Poirot on the small screen for 25 years discusses his career.

11.15 Premiership Rugby Union.

12.00 The Zone. ITV News Headlines. 2.35 Hour timeless (R) 2.00 ITV Nightstream 4.00 ITV Morning News

Channel 4

6.15 The Hobbs (R) 6.40 The Hobbs (R) 7.05 Road to London 2012: The Paralympic Show (R) 7.30 Selling America's Cup (R) 8.00 Channel 4 Presents – 2012 Hannah Cockroft – Part Two (R) 8.00 Benefits Lives Playground (R) 8.35 Celebrity Love Pairings (R) 8.55 Reaper (R) 9.35 Freaks (R) 10.00 Sunday Brunch 12.00 The Big Bang Theory (R) 12.30 The Big Bang Theory (R) 12.50 The Simpsons (R) 1.35 Film Fetuca to Launch (2006) Romance comedy with Sarah James Parker and Mathew McConaughey 3.10 Deal or No Deal 4.10 Time Team 5.10 Channel 4 News 5.00 4thought.tv 5.00 Film Avatar (2008) Premiere. Sci-fi adventure starring Sam Worthington

9.00 Homeland. The CIA director is reeling after losing key players in the Nazir plot as Carrie suspects ex-colleague Saul is behind leaks on everybody, believing she can finally get the truth from Brody.

10.00 The Million Pound Drop Live Davina McCall presents the quiz show in which contestants can win £1million, or lose money by giving incorrect answers.

11.30 FILM: The Illusionist. (2006) A magician in early 20th-century Vienna rises to stage fame after his ex-lover's marrying a powerful prince. Mystery thriller with Edward Norton

1.30 The Big Bang Theory (R) 3.00 Reaper (R) 3.45 Hollyoaks Omnibus. Riley refuses to allow Mercedes to attend Ashley's wedding. Harvey and Jenna's tentative encounter and Dennis returns from Ireland with a secret.

Channel 5

6.00 Milkshake! Peppa Pig 6.05 Rotary the Racing Car (R) 6.15 Fifi and the Flowertots. (R) 6.35 City of Friends. (R) 6.40 Harry Hill's Alien Fun Factor (R) 7.05 Dinosaur Explorers (R) 8.50 Castle Farm (R) 8.55 Team Crypto (R) 7.05 Rupert and Custard Trip (R) 7.15 Peppa Pig: Mummy Pig's Surprise (R) 7.25 Family (R) 7.30 Make Way for Noddy (R) 7.00 Bert and Ernie's Great Adventures. (R) 8.00 Film: Princess (R) 8.10 The Adventures of Sofia The 1st and the Best Friend Cedric (R) 8.30 Angelina Ballerina (R) 8.00 Rupert Bear (R) 9.00 Ben and Holly's Little Kingdom (R) 9.10 The Mr Men Show (R) 9.20 Rotary the Racing Car (R) 9.00 Mini Shopping Tales (R) 10.00 Mickey Mouse Clubhouse (R) 10.20 Grey's Anatomy (R) 11.20 Stansted: The Inside Story (R) 12.20 Cowboy Builders (R) 1.00 Film: The Shootist (1976) Western starring John Wayne 3.00 Film Tunes of Glory (1960) Drama starring Alec Guinness and John Mills 5.00 Film: Battle of Britain (1969) Second World War drama starring Laurence Olivier

9.00 Baker of Britain: The Last Evidence The bakers face their own final 1144-rally as contest. (R)

9.35 5 News.

9.00 FILM: Terminator 3: Rise of the Machines. (2003) Sci-fi adventure sequel, with Arnold Schwarzenegger and Nick Stahl.

11.30 FILM: Timecop. (1994) Sci-fi adventure, starring Jean-Claude Van Damme.

1.05 SuperCheetah 4.00 The FBI Files. (R) 4.00 Rough Guide to Cities. (R) 5.00 Home's Helpline. (R) 5.10 The Milkshake Show (R) 5.35 Thomas & Friends. (R) 5.45 Rotary the Racing Car. (R)

Digital

ITV2
3.30 Film The NeverEnding Story (1984) 4.20 Britain's Got Talent 5.50 Britain's Got More Talent 9.00 Film. ET The Extra-Terrestrial (1982) 9.00 Benidorm Liam broke his back as in when the girls' Olympic synchronised swimming team arrived at the hotel — but they mistook mine intended for joining a boozecruise. 10.00 Film Waterworld (1995)

ITV3
3.00 Trivial & Dean Dancing on Ice Tour 2011 4.00 Film Smokey and the Bandit (1977) 8.00 Agatha Christie's Poirot 9.00 An Audience with Freddie Starr 10.00 Film: The Ocean Nine (1999)

ITV4
1.45 Film Moonraker (1979) 4.15 Film Spartacus (1960) 9.00 Premiership Rugby Union 8.00 Film: For Your Eyes Only (1981) 11.40 Film: Full Metal Jacket (1987)

BBC THREE
7.00 The Secrets of Everything 7.30 Great Movie Time Has 2011 NOT 1H 30 2.00 The Voice UK 6.00 Bang Humm 10.30 Frontiers 10.30 Family Guy 11.10 American Dad

BBC FOUR
7.00 Songwriters' Circle: Country 8.00 She-Wolves: England's Early Queens 8.00 Angels' Voices: The Choristers of Salisbury Cathedral 10.30 The Choir: Military Wives

E4
8.00 Film: Star Trek: Insurrection (1998) 8.45 Film: Picture Perfect (1997) 2.40 Samantha Who? 6.00 8Mile 11.00 Desperate Housewives 11.40 Scrubs

FILM4
2.50 Tales from Earthsea (2006) 5.00 Big Momma's House 2 (2006) 7.00 Life or Something Like It (2002) Comedy, starring Angelina Jolie and Edward Burns. 9.00 Cars (2006) Comedy adventure, starring Owen Wilson. 10.50 Confessions of a Shopaholic (2009) Romance, starring Isla Fisher, Hugh Dancy and Krysten Ritter. 11.25 Notes on a Scandal (2006)

Monday

BBC1 6.00 Breakfast 9.15 The 1952 Show 10.00 Homes Under the Hammer (R) 10.30 BBC News Weather 11.00 The Sheriff's Are Coming 11.45 Cash in the Attic 12.00 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Secrets and Wanks 3.00 BBC News Weather Regional News 3.05 CBBC 5.10 Peebles 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Bang Goes the Theory 8.00 News Regional News 8.00 EastEnders 8.30 Mumbai's TV Prides — Panorama 9.00 Empire 10.00 BBC News 10.30 Regional News Weather 10.35 One Night 11.35 Late Kirk Off 12.05 What Do You Think You Are? US (R) 12.50 Wee hen view 12.50 Sign Zone Letting Go (R) 1.00 Gms British Food Revival (R) 2.40 Hidden (R) 3.00 Antiques Road Trip (R) 4.25 BBC News

BBC2 6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 Daily Politics 1.00 My Life in Books (R) 1.30 Living Dangerously (R) 2.15 Weakest Link 3.00 Helicopter Heroes (R) 3.45 Flog It Ten of the Best 4.30 Breakaway 5.15 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eighteads 7.00 A Very British Holiday A Wonderful Film 8.00 Changing Angels of Mersey 9.30 The Life Pars Kitchen Cooking with Rachel Khoo 8.00 The Tube 10.00 We sons & Oliver 10.30 Newsnight Weather 11.20 In Credit How Satellites Rule Our World (R) 12.20 BBC News 2.30 The Super League Show 3.00 BBC Learning Zone

ITV1 5.00 Daybreak 8.30 Lorraine 9.30 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 The Dales 8.30 Queenston Street 9.00 Scott & Bailey 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 The Agents 11.05 Mayday Mayday (R) 11.35 Film Margaret's Life Stories David Hasselhoff (R) 12.30 The Zone ITV News Headlines 2.30 Champion League Weekly 3.00 ITV Nightscreen 4.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4 5.00 The Treasle People, 5.40 The Hoobs (R) 6.15 The Hirstle (R) 5.40 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss USA (R) 10.00 The Food Hospital (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard 12.25 Rover Cottage Bites (R) 12.45 Film Dudley's Rangers (1957) Second World War adventure starring James Garner 3.05 Channel 4 Presents — 2012: Will Bayley – Part Two (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.50 #thoughtv 8.00 Supersom vs Superskinny 8.00 Big Fat Gypsy Weddings 10.00 Facejacker 10.30 Hit the Road Jack 11.00 Random Acts 11.10 Desperate Housewives 12.00 Poker 1.05 Saving Americas Cup Unreserved 1.35 KOTV Raising Weekly 2.00 The Grid (R) 2.30 Ultima le Frolves (R) 2.35 Late Night Poker (R) 3.30 The Simpsons (R) 4.00 Savage Grandma and Tarl Barwon 4.00 Privileged (R) 4.45 90210 (R) 5.25 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Emergency Bikers (R) 1.15 Home and Away 1.40 Neighbours 2.10 The Mentalist (A) 3.10 Film Nora Roberts Northern Lights (2009) Premiere Romantic mystery starring Eddie Cibrian and LeAnn Rimes 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Inside the Titanic (R) 8.00 Film Robin Hood: Prince of Thieves (1991) An outlawed English nobleman recruits a group of bandits to fight for justice and protect the downtrodden Action adventure with Kevin Costner Alan Rickman and Morgan Freeman 12.00 Gladiator The True Story (R) 1.00 Super Cram 3.00 Hourly Doctor (R) 4.20 Wildlife SOS (R) 5.10 Michaela's Wild Challenge (R)

Tuesday

BBC1 6.00 Breakfast 9.15 The 1952 Show 10.00 Homes Under the Hammer (R) 10.30 BBC News Weather 11.00 The Sheriff's Are Coming 11.45 Cash in the Attic 12.00 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Secrets and Wanks 3.00 BBC News Weather Regional News 3.05 CBBC 3.15 Pointless 4.00 BBC News Weather 4.30 Regional News Programmes Weather 5.00 The One Show 5.30 EastEnders BBC News Regional News 6.00 Holby City 7.30 The Syndicate 10.00 BBC News 10.25 Regional News Weather Midsomer Murders Update 10.35 One Night 11.35 The Estate 12.00 Film Wanny Training (1999) Romantic comedy starring Drew Barrymore 1.30 Weather News 1.35 Sign Zone The Aggressions (R) 2.30 Eve (R) 3.20 Great British Food Revival (R) 4.35 BBC News

BBC2 6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 Daily Politics 1.00 My Life in Books (R) 1.30 Animal Park (R) 2.15 Weakest Link 3.00 Helicopter Heroes (R) 3.45 Flog It Ten of the Best 4.30 Breakaway 5.15 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eighteads 7.00 The Hairy Bikers' Bakation 8.00 Horizon Global Warming 10.00 News Mind the Buzzcocks (R) 10.30 Newsnight Weather 11.20 WWJailed (R) 12.20 BBC News 2.30 The Super League Show 3.00 BBC Learning Zone

ITV1 5.00 Daybreak 8.30 Lorraine 9.30 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Woman 1.30 ITV News Weather 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Countryfile Kitchen 8.00 Homes from Hell (R) 8.00 Fraud Squad 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Benidorm 11.35 Film Lady Assassin (R) 12.35 The Zone ITV News Headlines 3.00 Crossing Jordan (R) 3.46 ITV Nightscreen 5.30 ITV Morning News

Channel 4 5.10 Sali Mei (R) 6.15 The Simpsons (R) 6.00 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss USA (R) 10.00 The Food Hospital (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard 12.25 Rover Cottage Bites (R) 12.45 Film Dudley's Rangers (1957) Second World War adventure starring James Garner 3.05 Channel 4 Presents — 2012: Will Bayley – Part Three (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.50 #thoughtv 8.00 Supersom vs Superskinny 8.00 Big Fat Gypsy Weddings 10.00 Facejacker 10.30 Hit the Road Jack 11.00 Random Acts 11.10 Desperate Housewives 12.00 Poker 1.05 Saving Americas Cup Unreserved 1.35 KOTV Raising Weekly 2.00 The Grid (R) 2.30 Ultima le Frolves (R) 2.35 Late Night Poker (R) 3.30 The Simpsons (R) 4.00 Savage Grandma and Tarl Barwon 4.00 Privileged (R) 4.45 90210 (R) 5.25 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Emergency Bikers (R) 1.15 Home and Away 1.40 Neighbours 2.10 The Mentalist (A) 3.10 Film Nora Roberts Northern Lights (2009) Premiere Romantic mystery starring Eddie Cibrian and LeAnn Rimes 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Inside the Titanic (R) 8.00 Film Robin Hood: Prince of Thieves (1991) An outlawed English nobleman recruits a group of bandits to fight for justice and protect the downtrodden Action adventure with Kevin Costner Alan Rickman and Morgan Freeman 12.00 Gladiator The True Story (R) 1.00 Super Cram 3.00 Hourly Doctor (R) 4.20 Wildlife SOS (R) 5.10 Michaela's Wild Challenge (R)

Wednesday

BBC1 6.00 Breakfast 9.15 The 1952 Show 10.00 Homes Under the Hammer (R) 10.30 BBC News Weather 11.00 The Sheriff's Are Coming 11.45 Cash in the Attic 12.00 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Secrets and Wanks 3.00 BBC News Weather Regional News 3.05 CBBC 5.10 Peebles 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Cash Britain BBC News Regional News 8.00 Waterloo Road 9.00 The Apprentice 10.00 BBC News 10.25 Regional News Weather 10.35 Film Robert Lindsay Wild Horses (1995) Drama 11.35 One Night National Lottery Update 11.45 Film Poltergeist (1982) Horror starring Jobeth Williams 1.35 Weatherman 1.40 Sign Zone Sex Head (R) 2.30 Eve (R) 3.20 Film Pet Shop 4.15 Watchdog (R) 4.45 Britains First Photo Album (R) 4.40 BBC News

BBC2 6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Here Comes Mr Jordan (1941) 1.00 Sea Heat 1.30 Animal Park 2.15 Weakest Link 3.00 Helicopter Heroes (R) 3.45 Flog It Ten of the Best 4.30 Breakaway 5.15 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eighteads 7.00 Escape to the Country 7.30 Wonders of Clover (R) 8.00 The Fishermans Apprentice with Monty Halls 9.00 WildLeaks The Secret Life of a Superpower 10.00 Newsnight Weather 11.20 The Thick 12.00 Newsnight Weather 1.20 Storyville The Biggest Chinese Restaurant in the World 12.20 Medium (R) 1.45 BBC News 3.00 BBC Learning Zone

ITV1 6.00 Daybreak 8.30 Lorraine 9.30 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Lies UEFA Champions League 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 UEFA Champions League Update 11.35 News Warriors (R) 12.30 The Zone ITV News 2.30 Film The Day of the Jackal (1973) 4.50 ITV Nightscreen 5.30 ITV Morning News

Channel 4 5.00 Sali Mei (R) 6.00 The Simpsons (R) 6.15 The Hirstle (R) 5.40 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss USA (R) 10.00 The Food Hospital (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard 12.25 Rover Cottage Bites (R) 12.45 Film Dudley's Rangers (1957) Second World War adventure starring James Garner 3.05 Channel 4 Presents — 2012: Will Bayley – Part Four (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.50 #thoughtv 8.00 Supersom vs Superskinny 8.00 Big Fat Gypsy Weddings 10.00 Facejacker 10.30 Hit the Road Jack 11.00 Random Acts 11.10 Desperate Housewives 12.00 Poker 1.05 Saving Americas Cup Unreserved 1.35 KOTV Raising Weekly 2.00 The Grid (R) 2.30 Ultima le Frolves (R) 2.35 Late Night Poker (R) 3.30 The Simpsons (R) 4.00 Savage Grandma and Tarl Barwon 4.00 Privileged (R) 4.45 90210 (R) 5.25 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 Emergency Bikers (R) 1.15 Home and Away 1.40 Neighbours 2.10 CSI: NY (R) 3.10 Film Mary Higgins Clark's Remember Me (1997) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Police Interceptors (R) 5 News Update 8.00 Big Rig Boyle Squad 9 News at 9 10.00 NCIS 10.00 Law & Order Special Victims Unit 11.00 Law & Order Special Victims Unit 12.00 Investigation Earth 12.00 Made Hollywood 1.00 SuperCasino 3.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 Michaela's Wild Challenge (R)

Thursday

BBC1 6.00 Breakfast 9.15 The 1952 Show 10.00 Homes Under the Hammer (R) 10.30 BBC News Weather 11.00 The Sheriff's Are Coming 11.45 Cash in the Attic 12.00 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Secrets and Wanks 3.00 BBC News Weather Regional News 3.05 CBBC 5.10 Peebles 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Watchdog 9.00 The Honeymoon Murder 10.00 BBC News 10.30 Regional News Weather 10.35 One Night 11.35 This Week 12.20 Sting Weatherview 12.30 Sign Zone Murdochs TV Pirates — Pete Iorns (R) 12.00 Countryfile (R) 1.00 Newsn (R) 2.00 Odyt Earths Extraordinary Journey (R) 3.50 Britain's First Photo Album (R) 4.25 BBC News

BBC2 6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 Tim Rotunn of the Beat (1948) Western starring Newsalph Scott 1.30 Animal Park (R) 2.15 Weakest Link 3.00 Helicopter Heroes (R) 3.45 Flog It Ten of the Best 4.30 Breakaway 5.15 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eighteads 7.00 Coast 730 Measured 8.00 Mrs Merton and Malcolm (R) 9.00 Reverse Masterpieces 10.00 Twenty Twelve 10.30 Newsnight 11.00 The Review Show 11.40 Weather 11.45 Film Years of Living Dangerously (1982) Political thriller starring Mel Gibson 1.40 BBC News 4.00 Close

ITV1 6.00 Daybreak 8.30 Lorraine 9.30 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Woman 1.30 ITV News Weather 1.55 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Film Pierce Brosnan 8.30 Coronation Street 9.00 Benidorm 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 World of Sport 11.35 Film When Ali Came to Brixton (R) 12.30 The Zoen ITV News Newsnews 2.30 Film Zeppelin (1971) First World War adventure starring Michael York 4.15 ITV Nightscreen 5.30 ITV Morning News

Channel 4 5.00 Sali Mei (R) 6.00 The Simpsons (R) 6.15 The Hirstle (R) 5.40 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss USA (R) 10.00 The Food Hospital (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard 12.25 Rover Cottage Bites (R) 12.45 Film Dudley's Rangers (1957) Second World War adventure starring James Garner 3.05 Channel 4 Presents — 2012: Will Bayley – Part Five (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.50 #thoughtv 8.00 Supersom vs Superskinny 8.00 Big Fat Gypsy Weddings 10.00 Facejacker 10.30 Hit the Road Jack 11.00 Random Acts 11.05 Embarrassing Bodies (R) 12.10 The Shooting Gallery: China 1.00 Chris Tarrant and Turners (R) 2.00 Pure Cocktail Recipe (R) 2.30 The Bible A History (R) 3.25 The Cardinal Sinner (R) 4.20 Time Team (R) 5.10 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.15 News Lunchtime 12.15 Neighbours 2.15 CSI: NY (R) 3.10 Film Nanny Express (2008) Family drama, starring Vanessa Marcil 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Holiday Home in an Earth Amsterdam San Diego and Jaman 7.30 Live UEFA Europa League Football A quarter-final two-leg match 10.15 Film The Glimmer Man (1996) A New York detective heads to Los Angeles to investigate a series of ritual killings, but ends up on the other suspect. Action thriller with Steven Seagal and Keenan Ivory Wayans 12.00 SuperCasino 4.00 House Doctor (R) 4.30 Wildlife SOS (R) 5.10 Michaela's Wild Challenge (R)

Friday

BBC1 6.00 Breakfast 9.15 The 1952 Show 10.00 Homes Under the Hammer (R) 10.30 BBC News Weather 11.00 The Sheriff's Are Coming 11.45 Cash in the Attic (R) 12.00 BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Secrets and Wanks 3.00 BBC News Weather Regional News 3.05 CBBC 5.10 Peebles 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show BBC News Regional News 8.00 EastEnders 8.30 Tranno with Ian Gardiman 9.00 Nos Truks (R) 10.00 BBC News 10.25 Regional News Weather 10.30 One Night 11.30 The National Lottery Friday Night Draws 11.40 Film Man on Fire (2004) Action thriller with Denzel Washington 2.00 Weatherview 2.00 Sign Zone National World Madagascar, Lemurs and Spies (R) 3.00 Question Time (R) 4.00 Antiques Road Trip (R) 4.50 BBC News

BBC2 6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News 12.00 I'm A Stitch in Time (1963) Slapstick comedy starring Norman Wisdom 1.30 Weakest Link 2.15 Weakest Link 3.00 Helicopter Heroes (R) 3.45 Flog It Ten of the Best 4.30 Breakaway 5.15 Put Your Money Where Your Mouth Is 6.00 Just a Minute 6.30 Eighteads 7.00 Coast 730 Measured 8.00 Mrs Merton and Malcolm (R) 9.00 Reverse Masterpieces 10.00 Twenty Twelve 10.30 Newsnight 11.00 The Review Show 11.40 Weather 11.45 Film Years of Living Dangerously (1982) Political thriller starring Mel Gibson 1.40 BBC News 4.00 Close

ITV1 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 60 Minute Makeover 3.00 Dickinson's Real Deal 3.30 Regional Weather 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Benidorm 10.00 ITV News at Ten Weather 10.35 World of Sport 11.35 When Ali Came to Brixton (R) 12.30 The Zoen ITV News Newsnews 2.30 Film Zeppelin (1971) First World War adventure starring Michael York 4.15 ITV Nightscreen 5.30 ITV Morning News

Channel 4 5.00 Sali Mei (R) 6.00 The Simpsons (R) 6.15 The Hirstle (R) 5.40 The Hoobs (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss USA (R) 10.00 The Food Hospital (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard 12.25 Rover Cottage Bites (R) 12.45 Film The Electric Horseman (1979) Drama, starring Robert Redford and Jane Fonda 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.49 #thoughtv 8.00 Come Dine with Me 8.00 The Million Pound Drop Live 10.35 Pride Turf Wind Stunts (R) 11.00 The Mel Reef Ad Show 12.35 Film Le Dernl & Sookay-ze (2009) Spoof documentary starring Fairly Considine 1.40 Random Acts 1.50 My Name is Earl (R) 2.40 Hollyoaks (R) 3.10 Four in a Bed Just for Christmas (R) 3.40 Relations to the Chaeriu Hallo Friend (R) 3.55 Privileged (R) 4.30 90210 (R) 5.15 Countdown (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 News Lunchtime 12.15 London The Inside Story (R) 1.15 Home and Away 1.40 Neighbours 2.10 CSI: NY (R) 3.10 Film Wandering Eye (2011) Premiere Thriller starring Amanda Righetti 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 WWI Tag Gun Revealed (R) 9.5 News Update 9.00 Eddie Stobart, Trucks and Trailers 5 News at 9 10.00 The Mentalist A murderer is enlisted to help Jane catch a killer 10.00 Castle 10.00 Law & Order Criminal Intent (R) 11.50 Inside Hollywood (R) 12.00 SuperCasino 3.00 Motorway Mundial 4.20 Wildlife SOS (R) 5.10 Michaela's Wild Challenge (R) 6.30 Housefluters (R)

This week's crossword - Clues

Across

6 Deceive (7)
7 Calm (5)
8 Merry (3)
16 Litter (9)
12. Liberation (11)
15. Narrater (5-6)
17. Feed (9)
16 Attempt (3)
21 The pick (5)
22. Nimbleness (7)

Down

1. Rat (9)
2. Sever (3)
3. Level (4)
4 Buyer (9)
5. Protection (7)
8. Disclose (6)
11. Corruption (9)
13 Chant (6)
14 Alarm (7)
16 Hackneyed (5)
18. Brink (4)
20 Aged (3)

Last week's solution

ACROSS 1 RED RIDING HOOD 8 ACCEPTED 9 VESSEL 11 CAREUSED 12 BERATE 14 TELEPORT 16 ENDEAVOUR 18 HERO 20 REMEMBER 22 DISPASSIONATE
DOWN 1 PENCHANT 2 GRIEVE 3 EDIT 4 INEDIBLE 5 SHIVER 6 GOWN 11 SURPRISE 13 TRAVESTY 15 PROMOTEMENT 19 EXIT 21 MAIN

Food & Drink

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Starbucks opens first juice bar

STARBUCKS CORP opened the first store in its new Evolution Fresh juice bar chain in Los Angeles on Monday, its biggest move outside coffee aimed at boosting the company's position in the health food sector.

"Mixologists" at the new shop dispense a variety of juices—including apple, coconut water, carrot and beet—from taps to create "hand crafted" concoctions with names like "sweet burn" and "field of greens".

The juice bar also sells bottled Evolution Fresh fruit and vegetable juices, smoothies and food, such as oatmeal wraps, salads and soups. The menu includes vegan and vegetarian options and so-called super foods like kale and quinoa are well represented.

Fresh fruit and vegetable juices have gained in popularity in the United States with some health conscious consumers using them as meal replacements, while others drink them as part of "cleansing" diets. How long will it be until Starbucks rolls out the idea across Europe and the UK?

Expert calls for pre-watershed ban on junk food ads

SCOTLAND S public health minister Michael Matheson has called for a pre-watershed ban on television adverts for foods that are high in fat, sugar and salt.

The BBC reports that Mr Matheson has written to UK Health Secretary Andrew Lansley asking him to support a UK-wide ban.

Although broadcasting regulator Ofcom have already introduced a ban on advertising unhealthy foods on children s television, research suggests that further action is needed as children don t just watch children s programmes.

Mr Matheson said: "According to the UN and Ofcom studies, the restrictions brought in by Ofcom have been adhered to by children s channels and broadcasters showing programmes specifically aimed at children.

"However, a loophole exists that allows HFSS (high in fat, sugar and salt) food adverts to features during programmes with a high child audience such as soaps and talent shows.

"That's why we want to introduce a pre-watershed ban and are looking to the UK government to support such a move which would carry the additional benefit of encouraging our partners in the food industry to reformulate their produce to lower salt, fat and sugar content."

He added: "Broadcast advertising influences the choices made by children and can shape their attitudes to food as they grow into adulthood.

"Tackling obesity and encouraging people to make healthier life choices is one of the most important things we can do to improve the health of our nation."

Jane Landon, deputy chief executive of the National Heart Forum, told the BBC that she welcomed the call for a ban.

She said: "The existing rules have delivered protections in principle but not in practice."

The Express reports that the adverts which would be banned include those for McDonalds, Cadbury's chocolate, Domino's pizza and Walker's crisps.

Ian Barber from the Advertising Association told The Express: "I can see why the Scottish Government support this.

"It makes good headlines and looks like you're doing something but there are better ways to tackle child obesity."

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Fashion

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Rihanna plans fashion line

RIHANNA is planning her own fashion line - but wants to be "respected" as a designer rather than seen a celebrity endorsing a collection.

The 'Rude Boy' hitmaker - who recently created an underwear and denim collection for Giorgio Armani - wants to be taken seriously as a designer rather than simply endorse a range of products.

Speaking on Kiss FM's 'On Air With Ryan Seacrest', she said: "I'm really pursuing a fashion line of my own. I want to design.

"This is also a road that I want to earn it. So I'm working with designers. Designers that I respect, and [fashion] companies that I respect. I want people to really trust me before I just say 'Buy it, because it's mine.'"

Rihanna's first venture into designing came last November when she created a capsule collection for Emporio Armani Underwear and Armani Jeans - both of whom she already fronts advertising campaigns for - comprising of denim and lingerie featuring her R logo and the fashion house's signature eagle.

Rihanna has previously revealed she likes to shock people with her fashion choices.

Karen Millen fights to trade under her own name

FASHION DESIGNER Karen Millen has begun a bid to trade under her own name, after she lost her brand in the Icelandic banking crash.

Millen and former husband Kevin Stanford are also pursuing a series of claims against the estate of Kaupthing bank, with sums sought exceeding £500m, according to a report in The Guardian.

Millen is keen to begin trading again, but the firm, which bears her name and was developed in partnership with Stanford in 1983, is still controlled by Kaupthing's administrators. They have warned of a trademark infringement if she returns to business under the planned brand names of Karen or KM.

The designer told The Guardian she will fight the trademark dispute. She is also pursuing a legal challenge to the way she lost her near 7% interest in Mosaic Fashions, now Aurora Fashions, which operated more than 1,800 stores.

"The customers and partners of the banks lost their assets, large chunks of the UK high street became owned by the Icelandic liquidators...this is simply wrong and I am not going to rest until I have my company completely restored to me," she told The Guardian.

From 2001, Millen and Stanford steadily sold down their interest in the Karen Millen business, allowing Baugur to become the dominant investor. By 2008, a complex series of deals had left Stanford with an 8% holding in Baugur, a 4% stake in Kaupthing and interests in several other Icelandic investment vehicles. All failed after the crash in 2008.

Stanford is also suing the Kaupthing estate for more than GBP500m, among the assets he wants restored to him is a 25% stake in Mulberry.

Underweight models in ads banned in Israel

A NEW ISRAELI LAW is trying to fight the spread of eating disorders by banning underweight models from local advertising and requiring publications to disclose when they use altered images to make women and men appear thinner.

The law, passed late on Monday, appears to be the first attempt by any government to use legislation to take on a fashion industry accused of abetting eating disorders by idealizing extreme thinness. It could become a model for other countries grappling with the spread of anorexia and bulimia, particularly among young women.

The law's supporters said they hoped it would encourage the use of healthy models in local advertising and heighten awareness of digital tricks that transform already thin women into illusory waifs.

"We want to break the illusion that the model we see is real," said Liad Gil Har, assistant to law sponsor Dr. Rachel Adato, who compares the battle against eating disorders to the struggle against smoking.

In Israel, about 2 percent of all girls between 14 and 18 have severe eating disorders, which is a statistic similar to other developed countries, said anthropologist Sigal Gooldin who studies eating disorders.

The new law requires models to produce a medical report, dating back no more than three months, at every shoot that will be used on the Israeli market, stating that they are not malnourished by World Health Organization standards.

The U.N. agency uses a standard known as the body mass index - calculated by dividing weight by height - to determine malnutrition. WHO says a body-mass index below 18.5 is indicative of malnutrition, said Adato, a gynecologist.

Any advertisement published for the Israeli market must also have a clearly written notice disclosing if the model used in it was digitally altered to make her, or him, look thinner. The law will not apply to foreign publications sold in Israel.

Debenhams gets GB Hockey suited and booted

THE GB HOCKEY TEAM will be dressed for success thanks to High Street retailer Debenhams.

The retailer announced that it is to be the official formalwear supplier for the men's and women's GB Hockey teams until 2015.

Debenhams has supplied complete outfits to all 70 male and female team members and coaching staff including Olympian Simon Mantell and star player Helen Richardson.

The suiting will be worn to all formal engagements including the Sultan Azlan Shah tournament in Malaysia in May, the Investec London Cup and at the Great Britain Hockey Olympic gala send off dinner in July.

The announcement comes at a key time for British sport and Debenhams is proud to be supporting the Olympic hopefuls as the teams prepare for London 2012.

Debenhams Trading Director, Suzanne Harlow says, "We are thrilled to be supporting such a fantastic team when sport is at the forefront of our customers' minds."

Suzanne Harlow continues, "We hope our partnership will raise awareness for a great sport and wish the GB Hockey teams the best of luck for this summer. Everyone at Debenhams will be cheering them on!"

The partnership was a natural choice for the retailer, following customer feedback that found hockey resonates strongly with their customers. Hockey is played in most schools throughout the UK and has the most equal gender split of any sport.

Jon Cockcroft, Commercial & Membership Director at the England Hockey Board says, "I'm delighted that Debenhams, one of the nation's favourite retailers, has become the official formalwear supplier to the Great Britain and England hockey teams."

The men's uniform consists of a grey Red Line suit, Red Herring shirt, tie, brogues and Merino wool knit jumper chosen from the retailer's Spring Summer 2012 collection.

The women will be wearing a classic black Principles by Ben de Lisi shift dress and tailored jacket with Faith court shoes.

The complete uniforms are now available for customers to buy in stores nationwide and online at Debenhams.com.

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The secret to beautiful skin

Denise Kelly

WHEN the sun starts shining many of us begin to expose more flesh on our arms and legs. This can be a scary process for so many people when we are pale or have dryer skin, and have seen little sun for months. The most important thing for healthy skin is what we put into our body and not just those topical creams we apply on the surface. Skin brushing and exfoliating are essential to get that healthy glow too as they remove the dead skin from the surface giving it a more polished look.

So, which vitamins and minerals are essential to make sure you glow from the inside out?

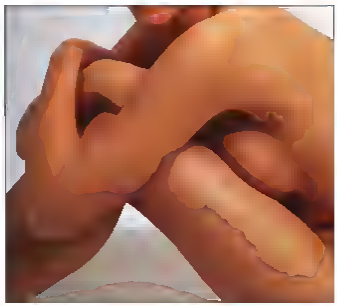
Vitamin A is essential for great skin, teeth, soft tissue as well as the mucus membranes within our cells. It's commonly known to be found in eggs, meat, milk, cheese, cream, liver, kidney, cod and halibut fish oil. However I wouldn't personally recommend those types of food because they are all very high in saturated fat and are very acidic to the blood. A better source is one known as beta-carotene, which is an antioxidant and removes and protects the body from harmful free radicals that play a key role in the aging process. Beta Carotene is found in bright yellow and orange fruits, such as cantaloupe, pink grapefruits, apricots, carrots, pumpkin, sweet potatoes, winter squash, broccoli, spinach and dark green leafy vegetables. Guess what, they are all fat free! The right amount of vitamin A can really diminish the appearance of fine lines and wrinkles, and it can help combat acne and dry skin.

Also, since it is able to help skin tissue repair itself, vitamin C can help reduce the effects of sun damage. Vitamin C is found in many foods including citrus fruits, strawberries, tomatoes, broccoli and sweet potatoes. In topical form, vitamin C can also help boost collagen production, which can restore some of your skin's strength.

Vitamin E, found in nuts, seeds and green vegetables, helps fight the effects of sun damage too, and it also helps keep skin smooth, fighting fine lines and wrinkles. That is why vitamin E is a common ingredient in anti-aging skin care products.

Minerals can also be helpful to your skin. Selenium helps to fight the effects of free radicals by protecting your cells. You only need small amounts of selenium each day. In fact, a typical diet should supply all that you need. Selenium can be found in whole nuts, fresh fish, poultry and grains.

Juicing vegetables such as cucumber, celery, beetroot, carrots and Lemons is a fantastic way to get a quick hit of minerals, and fantastic for helping to reduce fines lines, wrinkles and cellulite"



If you wish to find out more about how the foods you are eating is impacting your body, and you wish to minimize your risk of premature aging, or the disease process, please come along to our seminar to listen to my wonderful friend Max Tuck talking about how to live a long, healthy and vibrant life. She is a Hippocrates Health Educator from the USA and her knowledge will blow your mind! Its on Tuesday 27th March, 7.30-9.30 at the Chichester Watersports Center, Coach Road, Westhampnet, Chichester, West Sussex. PO19 0NX. £10 per person. To book your place please call me on 07714456155 or 01243 528040.

You wont be disappointed! Knowledge is power.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

The Science of Healthy Eating
An evening with Max Tuck

Denise Kelly DK Nutrition - Presents An Evening With Max Tuck - Tuesday 27th March 2012, 7.30-9.30 Chichester Watersports Centre, Coach Road, Westhampnet, Chichester, West Sussex. PO19 0NX

The Science of Healthy Eating
Featuring Max Tuck, BVetMed, MRCVS
Hippocrates Health Educator

HAVE YOU EVER stopped to wonder EXACTLY how the food you are eating is impacting on your body? Exactly what you should be eating to minimise your risk of degenerative disease, and which foods might triple, or even quadruple, your risks of cancer, heart disease, diabetes and more? Now, more than ever, we need all the help we can get to remain healthy. But with so much conflicting information in the media, vested interests from food companies, misleading government recommendations and pressure to use prescription medication for even the slightest malady, it can be very difficult to know how best to take charge of our personal well being. If you are confused about what you should be doing to maximise your health at a cellular level, and want to live a long, healthy, disease-free life, this is the information that you have been waiting for – reserve your place today!

Ticket price £10 00

Max Tuck is a degree-level scientist with a passion for healthy eating and peak performance. Having cured herself in 1990 of Epstein-Barr virus and chronic fatigue through a radical change in diet and lifestyle, she has gone on to run marathons, climb mountains and gain a black belt in karate. Through her lectures, CDs and books, she inspires people to take control of their health through adopting better dietary and lifestyle choices. Just back from a successful climb of Kilimanjaro, she is ready to share with you more than 2 decades' experience of research into healthy living. See her website www optimizedliving.com for more information.

This is one NOT to be missed.

For tickets call Denise on 07714456155 or 01243 528040 to reserve your place. Cash or cheque ONLY.

'Too few' nurses for elderly care

THERE ARE too few nurses on wards to provide basic, safe care to older people, a union has warned.

The Royal College of Nursing (RCN) said the elderly are being let down by low staffing levels across the NHS.

It is calling on the Government to implement a patient guarantee, setting out the maximum number of nurses on older people's wards.

While its own research shows one nurse currently cares for about nine elderly patients, the RCN said one nurse to seven patients should be the maximum ratio for providing basic, safe care.

Ideally, there should be at least one registered nurse for between five and seven patients, it added.

A survey of almost 1,700 nurses, including 240 working on wards for older people, found 76% said comforting and talking to patients was not done or done inadequately on their last shift due to low staff numbers.

Some 59% said promoting mobility and self care was left undone or unfinished, while 34% said they could not help patients with food and drink.

A third (33%) said they were unable to fully help patients to the toilet or manage incontinence.

But Dean Royles, director of NHS Employers, said: "Mandatory staffing levels can not guarantee safe care.

"We do not believe that imposing a crude system of staffing ratios is the right way to tackle poor care."

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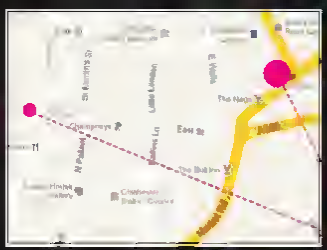

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Lifestyle

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Adele overtakes Pink Floyd's album

ADELE'S chart-topping release 21 has overtaken Pink Floyd's landmark 1973 release, The Dark Side Of The Moon, in the list of best-selling UK albums.

The album, including hits Rolling In The Deep and Someone Like You, has now sold more than 4,142,000 copies, making it the seventh biggest-selling album of all-time.

Sales figures from the Official Charts Company show it is also just 12,000 copies away from the sixth best-selling album, Dire Straits' long player Brothers In Arms, and is likely to move further up the chart soon.

The company's managing director Martin Talbot said: "As every week goes by, another record seems to tumble in front of Adele.

Now, her 21 album has overtaken The Dark Side Of The Moon in the all time biggest sellers list - and by the end of the week, it may well have overtaken Brothers In Arms, too.

Then she will have Michael Jackson's Thriller in her sights. It has been an extraordinary 12 months or so for Adele, and it looks set to become even more extraordinary as the days and weeks go by."

Presenter tells of 'troll' abuse

FORMER Blue Peter presenter Richard Bacon has revealed how he has been targeted by abusive internet "trolls", in a bid to highlight the growing problem of cyber bullying.

Bacon, now a BBC Radio Five Live presenter, has suffered nearly two years of anonymous online abuse directed not only at him, but also his wife and baby son.

The experience has prompted the 36-year-old to make a complaint to the police, he said.

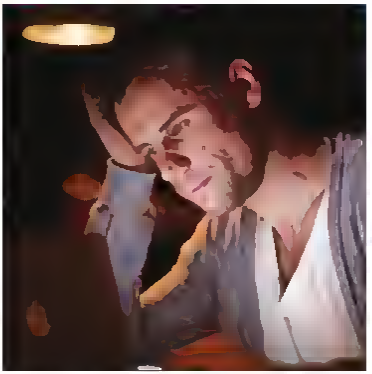
The presenter has also tried to turn the tables on the trolls and highlight the issue of internet bullying.

In a documentary, The Anti-Social Network, to be screened on BBC Three on Monday night, Bacon tried to track down his abuser and also met bereaved relatives left distraught after they were preyed on by "RIP Trolls" posting offensive messages on tribute sites.

"It's definitely growing and it's definitely getting worse," he said. "You have got to try and work out where critical comment crosses over into harassment. Under freedom of speech people can criticise you and slag you off, it's their right to do that. It's when it becomes deeply personal, obsessive and weird."

He said the line was crossed for him when criticism of his radio show turned into abuse involving his mother and wife, as well as his five-month-old son Arthur.

Bacon originally wanted to try to meet the troll who was targeting him, but had been advised to take it to the police. "I wanted to know how a dislike of a radio station could go to contacting my family and tweeting about my baby," he said. "But the advice I got from a psychologist and a police officer was to make an official complaint, so I'm in the process right now of making a complaint to the police."



During the programme Bacon met families who had been targeted by trolls as cases he said were far more distressing than what he had been through. "What I have been through isn't that bad really, it's been distressing for my family but personally as a broadcaster it's something I know how to deal with. What's really heartbreaking is the parents and families of people who have killed themselves."

He met the parents of Tom Mullaney, 15, from Bournville, Birmingham, who apparently killed himself after being bullied online. A tribute site for him was hit by trolls, leaving vulgar messages that were seen by his family and friends. "They see these nice tributes then they also see these weird sexual, violent comment and imagery," he said. "For people who don't even understand Facebook in the first place, as well as being upsetting and prolonging their grief, it's confusing."

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Please bring your own picnic, but for safety reasons no fires or barbecues are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair has been included in the price which has to be picked up on arrival.
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Dame Edna packs up specs and gladis

AUSTRALIAN housewife-superstar Dame Edna Everage has decided to retire after a stage career spanning 57 years.

Barry Humphries, the actor and satirist who created the Tony Award-winning character known for her purple hair, oversized rhinestone glasses and gladiolus, is launching his two-month farewell tour, 'Eat Pray Laugh', as Canberra on June 22.

He then wants to take the show to the UK and New York over the next two years, his publicist, Kerry O'Brien said.

At 76, Humphries said the time has come to retire all his various alter egos from the stage, the most famous of whom is Dame Edna.

"She's a little weary of touring and strange hotels," Barry told Australian Broadcasting Corp radio in Canberra, explaining his most enduring character's decision to retire.

Another of his characters, drunken Australian cultural attache Sir Les Patterson, will join Dame Edna on the farewell tour.

Dame Edna's career began as the more dour Mrs Edna Everage when she first stepped on to the stage of a Melbourne University review in 1955 in Barry's hometown of Melbourne.

She was "Auntie Edna" in the 1974 Australian comedy movie Barry McKenzie Holds His Own, in which she was made a Dame as part of the plot during a cameo appearance by the then-Australian prime minister Gough Whitlam.

Dame Edna was a staple of television and stage in Britain and Australia before Humphries won a Tony Award in 2000 for his Broadway show Dame Edna, The Royal Tour. Its sequel, Dame Edna, Back With A Vengeance, was also nominated for a Tony, the leading US theatre award, in 2004.

The new show's producer, Dainty Group, described it in a tongue-in-cheek statement as an all-singing, all-dancing spectacular in which Dame Edna promises to empower audiences as she meditates on the big issues of gender, ethnicity and climate change.

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Travel

Coe rules out airport chaos during Loodoo Olympics

LONDON OLYMPIC GAMES chief Sebastian Coe gave assurances that there would not be any airport chaos during the summer sporting extravaganza as feared by some airlines

"There won t be chaos, Heathrow airport operates at full capacity all the time," he told a press conference. "We have a very good operational plan and Heathrow will be operating a very effective service and will be the main port of entry"

He also noted that a temporary structure was being put in place to "ease some of the capacity during the games"

Four major airlines – British Airways, British Midland International, EasyJet and Virgin Atlantic – have urged the British government to take urgent measures to prevent congestion of British air space during the games to be held from July 27 to August 12.

Coe also said there would be no changes to the original budgets for the games -- the operating budget of $2 38 billion managed by the organizing committee and another of $11.1 billion for infrastructure projects

"We are in good shape ...given the economy we are dealing with globally," he noted.

Earlier this month, British lawmakers voiced fears that the public money allocated for the Games was close to being used up

Coe arrived in Brazil on a two-day visit to exchange views with the Brazilian organizers of the 2016 Olympics

Average holiday spend 'to increase'

BRITONS are planning to increase their holiday spending this year, according to a new survey

They intend to fork out an average of £3,800 on overseas breaks in 2012, an increase of more than £300 on the figure for 2011, the poll from Visa Europe shows

Accommodation is set to be the biggest expense, followed by travel to and from the destination

The largest proportion of in-resort holiday spending will be on eating out and drinking in bars

Analysis of cardholder spending by Visa Europe shows that UK tourists spent £12.4 billion on their foreign holidays last year, a rise of 2% on the figure for 2010

Spain was the most popular getaway for Britons in 2011, with £1.8 billion spent there

France (where £1.5 billion was spent), USA (£1 billion), Italy (£560 million) and Australia (£517 million) were the next most popular holiday destinations based on UK expenditure

UK tourists spent nearly £900 million on enjoying the local entertainment while away and a further £70 million on food and drink in-destination.

The survey, involving 2,050 adults, shows that a number of Britons are planning September visits abroad in order to enjoy the Queen s Diamond Jubilee celebrations and the London Olympics earlier in the summer

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Perhaps the UK's greatest ever tenor, Russell returns with a stronger, more driven and powerful voice, his renditions of Pino Donaggio's Io Che Non Vivo (Senza Te), Mario Lanza's Arrivederci Roma and Parla Piu Piano (the theme from The Godfather) are nothing less than astounding.

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Business & Money

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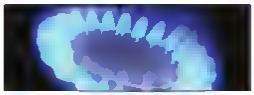
British inflation slows to 3.4%



BRITAIN'S 12-month inflation slowed sharply in February, as falling domestic energy costs and cheaper flights offset rising alcohol and tobacco prices, official data showed on Tuesday.

Annual Consumer Prices Index (CPI) inflation retreated last month to 3.4 percent, the Office for National Statistics said in a statement. That was the lowest level since November 2010 and compared with 3.6 percent in January.

The largest downward pressures to the change in CPI annual inflation between January and February came from domestic electricity and gas, recreation and culture, and transport, the ONS added.

The February figure compared with market expectations for a drop to 3.3 percent, according to analysts polled by Dow Jones Newswires.

CPI inflation meanwhile increased by 0.6 percent in February from January on a month-on-month basis, the ONS said. Analysts' expectations had been for a 0.5 percent gain.

New Budget measures at a glance

Chancellor George Osborne has slashed the rate of tax for the highest earners, claiming the controversial 50% rate is damaging the economy

CHANCELLOR George Osborne delivered his 2012 Budget statement on Wednesday. Here are its major points.

The Office of Budget Responsibility expects the UK to avoid recession and is revising its growth forecast for this year up to 0.8%. Inflation is forecast to fall from 2.8% this year to 1.9% next year.

Unemployment is expected to peak at 8.7% this year.

Borrowing is forecast to fall from £126 billion this year - £11 billion less than forecast in the Autumn Statement - to £21 billion by 2016/17.

The cost of operations in Afghanistan will be £2.4 billion less than expected. An extra £100 million will be spent on armed forces accommodation.

The state pension age will be automatically reviewed to ensure it keeps up with growing longevity.

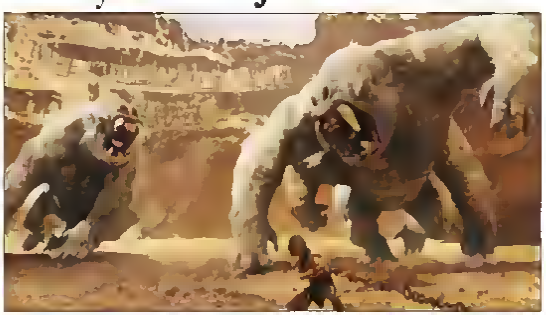
The headline rate of corporation tax is to be cut further from next month by one percentage point - to 24%. Future cuts to go ahead as planned.

There will be no change in alcohol duty but duty on all tobacco products will rise by 5% above inflation from 6pm - 37p on a packet of cigarettes. Vehicle excise duty to rise by rate of inflation. Duty frozen for road hauliers.

Top rate of tax to be reduced from 50p to 45p from April 2013. Changes to taxation mean the Treasury will receive "five times more money each and every year from the wealthiest in our society".

Personal tax allowances to rise by £1,100 from next April. Tax-free allowance to rise to £9,205, making 24 million people £220 a year better off.

Disney declares John Carter losses



JOHN CARTER is set to record a loss of 200 million US dollars, Disney has announced.

The 3D film, about a Civil War veteran transplanted to Mars and starring Taylor Kitsch, Samantha Morton and Dominic West, is set to be one of Hollywood's biggest ever money-losers.

Disney said the film has brought in about 184 million dollars in ticket sales worldwide so far. But ticket sales are split roughly in half with cinema owners, and the film's production budget is estimated to be about 250 million dollars with about 100 million more spent on marketing.

The movie was based on a series of books written by the late Edgar Rice Burroughs, and was directed by Andrew Stanton.

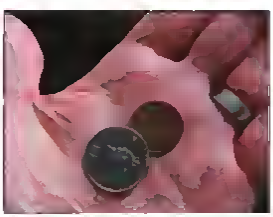
Disney hopes to overcome the setback with other big budget movies this year, including The Avengers from its Marvel subsidiary in May and Pixar's Brave in June.

The flop ranks with history's biggest box office disasters, although it's tough to rank them precisely because of inflation and incomplete disclosure.

Disney's eerily-real computer animated movie Mars Needs Moms from last year cost about 150 million dollars to make but only sold 40 million in tickets worldwide, according to Hollywood.com analyst Paul Dergarabedian.

Warner Brothers' Speed Racer from 2008 cost about 120 million dollars, but took in only about 94 million in cinemas. Columbia Pictures' Ishtar in 1987 cost about 40 million but sold only 14 million in tickets domestically, he said.

Adult minimum wage rate to rise



THE ADULT RATE of the minimum wage is to rise by 11p to £6.19 an hour from October, Business Secretary Vince Cable has announced.

But the rates for younger workers will be frozen at £4.98 for 18 to 20-year-olds and £3.68 for 16 to 17-year-olds. Apprentices will enjoy a 5p increase in their minimum wage to £2.65 an hour. The changes are in line with the recommendations of the independent Low Pay Commission and come into effect on October 1.

Mr Cable said: "I believe that the recommendations of the Low Pay Commission strike the right balance between pay and jobs, and have therefore accepted all the rate recommendations. The Low Pay Commission has done a good job in difficult circumstances.

"In these tough times freezing the youth rates has been a very hard decision - but raising the youth rates would have been of little value to young people if it meant it was harder for them to get a job in the long run."

LPC chair David Norgrove - who was reappointed for a second four-year term on Monday - said: "We welcome the Government's acceptance of our recommendations on the rates for the National Minimum Wage.

"The Commission was again unanimous, despite all the economic uncertainties and the different pressures on low paid workers and businesses. We believe we have struck the right balance between the needs of these workers and the challenges faced by employers."

The minimum wage was introduced by Labour in 1999 at £3.60 an hour for adults, and is revised each year on the basis of recommendations from the Low Pay Commission. This year's 11p hike for workers aged 21 and over amounts to a 1.8 per cent rise - around half of CPI inflation, which stood at 3.6 per cent in the most recent figures.

It increases the annual pay for a full-time worker on 40 hours a week on minimum wage by £228.80 to £12,875.

Asked what the justification was for the freeze on rates for younger workers, Prime Minister David Cameron's official spokesman said: "We are accepting the LPC recommendations. I think the judgment that has been made is one about youth employment rates.

"Raising youth rates wouldn't benefit young people if it meant that it was more difficult for them to find a job."

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Magnolia trees in full bloom

Magnolias this spring for you and your garden. Expert advice from local horticulturalist Jo Golesworthy

IF EVER THERE was a more telling or promising sign of the new growing season it has to be the site of swelling magnolia buds on the trees around our gardens and parks. Many people are apprehensive about owning a magnolia simply due to their potential size, and care requirements however there are around 210 members of the magnolia family that come in many different shapes and sizes, all require minimal care and attention and all deliver the most fantastic spring display.

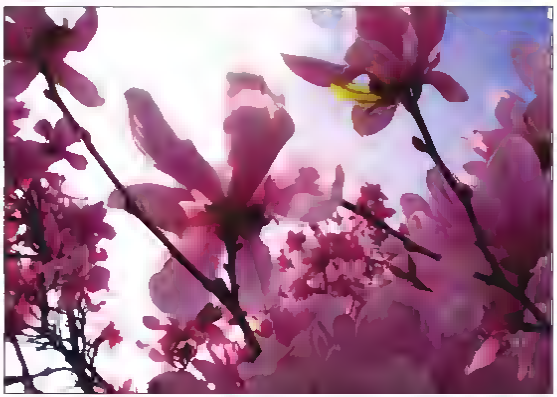
> "The structure of Magnolia soulangeana is of equal merit to the floral exhibition. They look as fantastic naked in winter as they do drenched in leaves"

Magnolia stellata or Star Magnolia is already in fully bloom. You can spot the star like flowers with their bright white petals dotted all over the city. Stellata can grow to 3m high and the flowers last for a few weeks, preceding the leaves giving a striking contrast against the branches.

Magnolia x soulangeana is the most commonly recognised magnolia. The tree boasts the most dramatic large pink goblet like flowers that rest gently against the spring back drop of many gardens. Once the flowers are open it often indicates a few windy days as the flowers rarely last longer than a week. The structure of these trees is of equal merit to the floral exhibition. They look as fantastic naked in winter as they do drenched in leaves.

Magnolia liliiflora grows to around 3meters and delivers a beautiful dark pink spring flower. Try this magnolia set against a luscious green lawn for the real 'wow' factor.

Most magnolias are happy in partial sunshine and tend to keep their flowers for longer if planted in a wind protected spot. Once established they require minimal care and attention with barely any pruning after their flowers have fallen in the summer. They pack a delicate, but striking spring time punch. If you are interested in seeing a great magnolia performance this spring visit Borde Hill Gardens in Haywards Heath (http://www.bordehill.co.uk/)



Jo Golesworthy
Horticulturalist, gardener, writer and designer.
If you have any queries, questions or quandaries related to gardening or are looking for someone to work in your garden do drop me an email at jgolesworthy@hotmail.com

Use a mouse to make a home at Homebase

THE PERFECT HOME is only a click away with Homebase's revolutionary 'Create Your Own Look' tool. The new online technology allows customers to transform the look of their home instantly at the click of a mouse, with access to over 1,000 paints, 200 flooring and tiling choices and over 900 wallpaper options.

Richard Bruce, Head of Brand and Proposition, said, "Fifty per cent of customers come into stores looking for inspiration and advice to boost their confidence when they are considering decorating a room. The 'Create Your Own Look' tool helps give customers confidence to experiment with different looks online, in the comfort of their own home, before taking the next step with their decorating project."

'Create Your Own Look' has the capability to style a room by visualising decorating solutions in six rooms: living room, kitchen, dining room, hall and stairs, bedroom and bathroom. In each category there are six images with different design styles to transform. Alternatively, for an even more realistic view of your home you can personalise your room by uploading a photo of a room from your home and then manipulate the colour scheme and flooring to your hearts content.

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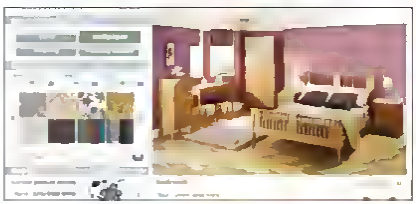

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The wall, floor or ceiling instantly changes showing customers how the room could look. The images have genuine perspective, demonstrating how paint appears lighter closer to windows and the scale of a wallpaper print.

Customers can save their design, which features a list of products they have used before taking the next step to purchase online at homebase.co.uk or Reserve & Collect in store. At Homebase, we understand that any decorating project is a tremendous commitment, so designs can be re-visited and updated as frequently as required before even purchasing a brush.'

'Create Your Own Look' is now live on the Homebase website - click here for more information.

Homebase was named as the winner of 'Best Use of In Store Marketing Technology in Retail' at the Retail Systems Awards 2011 for the 'Creat Your Own Look' touchscreens in Homebase Aylesford, Kent and has been short listed for 'Retail Technology Initiative of the Year' and 'Customer Service Initiative of the Year' at the Retail Week Awards 2012. Homebase's strength in its offering across decorating has been reflected in being named 'Decor Retailer of the Year' at the DIY Week Awards 2011.

B&Q to roll out campaign focussing on women and pride of doing DIY

B&Q is set to roll out a TV campaign on Monday 26 March, focussing on the pride that comes from completing a DIY project.

Created by McCann Erickson, the creative aims to appeal to women, with the marketing team believing this is the group which is primarily the key decision makers in home improvement purchases.

The campaign will preview on Facebook and Twitter, featuring a soundtrack by The Amber States to Crosby Stills & Nash song 'Our House'.

The executives use the tagline "Everything we do is to help you say 'I did that'. You can do it too", with Channel 4's home and property programme sponsorship idents to change to match the new campaign.

Property

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

A detached beach front house situated in a private drive shared with just one other property, off a quiet cul-de-sac. G.F.H., u.P.V.C. double glazing and fascias, cavity wall insulation, lounge, dining room, conservatory, kitchen, utility room, ground floor bathroom, four bedrooms, second bathroom, double garage with additional courtyard parking, sheltered South facing rear garden with direct access to the beach and unobstructed sea views from the majority of principal rooms.

For more information please contact Coastguards on 01243 267 026
or email office@coastguardsproperty.co.uk

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office@coastguardsproperty.co.uk
www.coastguardsproperty.co.uk
Tel: 01243 267026

ALDWICK BAY ESTATE **£725,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK BAY ESTATE **£1,350,000**

A detached five bedroom house situated on the beach front of the Aldwick Bay private marine estate, refurbished throughout with a 'New England style' u.P.V.C. double glazed large lounge, further reception, dining/sitting room, utility room, playroom, master bedroom with en suite shower room, three further first floor bedrooms and bathroom, second floor bedroom with en suite balconies, double garage, gardens. Panoramic sea views and direct private beach access.

ALDWICK BAY ESTATE **£650,000**

A five bedroom detached house situated in the Aldwick Bay private marine estate 150 yards from the beach, gas c.h., double glazed. South facing open plan lounge and din./rm, garden rm., kit/brk.rm., master bed with e.s. bath, guest suite with e.s. bath and dress rm., bed 3/study, two second flr., beds and shower rm., integ. garage with room over, carport. South facing garden.

ALDWICK **£495,000**

A det character house situated approx half a mile from the beach & shopping facilities at Rose Green. The property has been made the subject of a programme of refurbishment & remodelling by the current owners. G.F.H. double glazing, 38' dual aspect lounge/dining room, sitting room/study, kit/breakfast rm, utility rm, gr fl bedrm with en suite bathrm, first floor master bedrm with adjacent shower rm, two further double bedrooms, family bathrm with separate w.c., parking area and gardens.

BOGNOR REGIS **£369,950**

A well presented detached house situated in a quiet road, g.f.h., u.P.V.C. double glazing, dual aspect lounge, dining room, good sized kitchen/breakfast room, cloakroom, four bedrooms, bathroom with separate w.c., large purpose built garage with workshop/hobbies room and gardens surrounding. 116' West facing rear garden.

ALDWICK BAY ESTATE **£345,000**

A three bedroom detached chalet house in private marine estate, approx 400 yards from the private beach, gas heating by radiators, part double glazed, dual aspect 'L' shaped living room, kitchen, two ground floor bedrooms (one used as a dining room), ground floor bathroom, first floor bedroom and w.c., good size eaves storage areas, garage and gardens.

ALDWICK **£159,950**

A one bedroom close care apartment in the grounds of the Royal Bay care and nursing home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed living room, fitted kitchen, bathroom, communal laundry room.

The Property Ombudsman
rightmove.co.uk
The UK's number one property website
FindaProperty.com

Warning over stamp duty proposals

ESTATE AGENTS have warned a stamp duty raid on £2 million homes could hit all homeowners and buyers by triggering a slowdown in the areas of the property market which have been vital to supporting prices

Chancellor George Osborne announced a stamp duty rate of 7% on homes costing £2 million or more from midnight, which will mostly affect buyers in London, an area which has been key in supporting the market by recording consistent price growth due to strong overseas buyer interest

Estate agents said the Chancellor risks "killing the goose that lays the golden egg" at a time when much of the housing market remains flat elsewhere

The Chancellor said it is "fair when money is tight, and so many families could do with help, that those buying the most expensive homes contribute more".

But Peter Rollings, chief executive of estate agent Marsh and Parsons, said: "Not only will this policy disproportionately target London, where house prices are in a league of their own, it risks killing the goose that lays the golden egg.

"With the property market still far from healthy, we need to see the Government supporting activity at all levels, rather than adding yet another tax burden."

The National Association of Estate Agents (NAEA) said the Government had missed an opportunity to completely overhaul the "outdated" stamp duty system, a tax which is seen as causing distortions in the market.

NAEA president Wendy Evans-Scott said: "To reinvigorate this struggling market will require specific stimulus across the entire housing spectrum to help people buy and sell homes, not further penalties on those able to do so."

Former NAEA president Trevor Kent said every homeowner would be hit by the new top-end tax, with 70% of first time buyers relying on the progression of a "chain" of sales

He said: "Higher stamp duty always results in property price pressure, on this scenario there is little doubt that prices will fall across the board. Some may think 'great', but mortgage lenders will not – they rely on the expectation of a gentle long-term rise to safeguard their loans."

London property still a unique global asset

THE LATEST RESEARCH from estate agents Knight Frank shows that prime central London property prices have increased by a further 1.1% in March

London property prices have now risen by 11.3% over the past 12 months and by 2.7% in Q1 2012.

Sales of London property subject to contract in the £5m+ bracket are up 93% in Q1 2012 compared to the same period in 2011, and by 42% across the whole of Prime Central London

Supply is failing to keep pace, with new instructions up by just 12%, and down by 11% in the £5m+ sector

Liam Bailey, Head of Residential Research at Knight Frank: "Prices for Prime London property have been rising strongly for three years on the back of foreign demand and London's position as a safe haven for investors. Once again our research highlights the status of London property as a unique global asset class, which has gained the confidence of investors looking for strong returns

"The rising level of speculation over a potential mansion tax or new wealth taxes appears to have failed to dampen demand for prime London property, with prices rising at 1.1% in March this year, the fastest rate since last May

"In fact evidence from market activity confirms the market has so far shrugged off the impact of calls for new taxes on the sector. New applicant volumes rose 20% in the three months to March this year, compared to the same period in 2011, and sales being agreed rose by a strong 42% over the same period."

Survey: house price decline softens

HOUSE PRICES fell in February, a report has said, but at the slowest rate in 18 months as sales continued to rise

A balance of 13% of estate agents reported falling prices in February, the Royal Institution of Chartered Surveyors (Rics) said, with London being the only part of the country to register an increase in property prices

The softer fall in prices came as a balance of 16% of surveyors reported an increase in the number of sales, which despite being historically low is the best reading since September 2010

The market has seen an upturn in activity as the March 24 deadline for the end of the stamp-duty free period for first time buyers on properties under £250,000 approaches

Alan Collett, RICS housing spokesman, said: "With the recent upturn in activity brought on by the end of the stamp duty holiday, it seems that a renewed sense of optimism may be slowly returning to the property market."

He added: "However, with affordable mortgage finance still out of reach for many potential first time buyers, it remains to be seen whether the more optimistic outlook for future sales can be sustained beyond the expiry of the stamp duty holiday."

The report comes as the Government launches a NewBuy scheme to help as many as 100,000 people get on the property ladder by bringing back 5% deposits rather than the 20% typically demanded by lenders since the credit crunch

Elsewhere, expectations for future house prices were more optimistic during February with a net balance of 0%, compared with minus 14% in January, reporting positive expectations for prices This is the first time since May 2010 that respondents have not been predicting further price declines, Rics said.

Fresh interest from potential buyers was nearly flat during February with a net balance of 3% more respondents reporting increases in demand.

Surveyors report that problems accessing affordable mortgage finance continue to hinder many first time buyers who would otherwise be looking to get onto the property ladder

Property taxes 'stifling market'

THE "HEAVY TAX BURDEN" faced by homeowners is stifling the market, estate agents have warned, amid speculation that new mansion tax plans are set to be unveiled in the Budget

Around 45,000 homes in England and Wales are thought to be worth at least £2 million, with some eight out of 10 of them concentrated in London

But the National Association of Estate Agents (NAEA) said the Government should instead be concentrating on building more homes, accompanied by a complete overhaul of the stamp duty system

NAEA president Wendy Evans-Scott said: "Property in the UK is already over-taxed compared to our European neighbours, and the market is struggling to recover from the economic slowdown. The heavy tax burden on homeowners as well as a lack of housing supply is stifling the market."

She added: "The Chancellor must take urgent action to make it easier for first-time buyers to get on the housing ladder, and less expensive for existing homeowners to move. Reforming the unfair 'slab' structure of stamp duty should be his first step."

Lenders and estate agents have been calling for an overhaul of the structure of stamp duty, which they say distorts the market

The impact of the duty is seen as particularly harsh above the £250,000 threshold, a price level which includes a quarter of first-time buyers in London and the South East

Calls have been made for a move to a more marginal rate system similar to income tax to reduce disincentives to buy and sell.

The Government unveiled a package of measures last autumn to help revitalise the housing market, including the recently launched NewBuy scheme to help first time buyers and home movers buy a new build home with a deposit of just 5% or 10%

But analysts fear the fragile market will be disrupted by the ending of the current two-year stamp duty exemption for first-time buyers this month and are holding out hopes that a last minute extension could be announced in the Budget.

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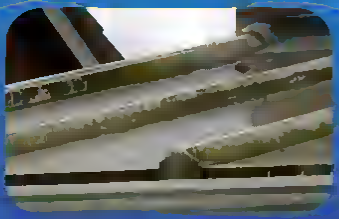

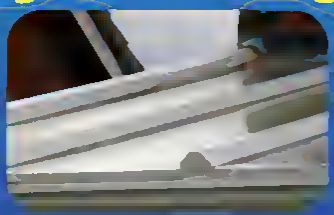

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Nissan to bring back 'classic' car brand

WEEKS after Japanese reports first claimed that Nissan would revive its Datsun brand, the automaker on Tuesday confirmed it would relaunch the old name beginning in 2014.

Just as we had heard, Nissan will build and sell ultra-low cost, Datsun-badged cars in India, Indonesia, and Russia -- and nowhere else. The idea, says Nissan, is to "provide sustainable motoring experience [sic] to optimistic up-and-coming customers in high-growth markets."

Nissan estimates that by the time the numbers are crunched it will have sold 60,000 cars in Indonesia last year, and aims to build 250,000 cars by 2014. The automaker will spend 33 billion yen (about $395 million) to upgrade and expand its Indonesian plant.

Datsun was Nissan's original name prior to the 1980s and appeared on everything from microcars like the 1958 210 (pictured above) to the famous "Fairlady Z" sports cars.

Earlier reports estimated that the cars would cost roughly twice that of the Indian-built Tata Nano, the world's cheapest production car -- or about $6,200 at today's exchange rates. Warranties would be also be shorter than on regular Nissan cars, reports claimed. Nissan did not provide pricing or warranty information.

We also have no idea what the cars could look like, or even feature for that price. But, if you're wondering, take a look at the least expensive Nissan on sale in Indonesia, the March (also known as the Micra in Europe) and two entry-level Russian models, the Note and Almera Classic. Now, imagine a smaller car, built by cheap labor with thinner doors, even smaller engines, and stripped interiors (like that of the now-defunct base Versa without an A/C or radio). That's the best picture we have yet of a 2014 Datsun.

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07/03/2012

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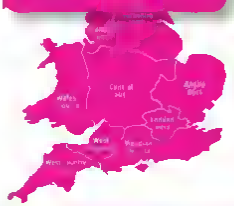

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Horseracing

Success at Fontwell Park

A BUMPER crowd turned out at Fontwell Park for the All About The Horse Raceday, with a special visit from the National Theatre's War Horse production The show's black stallion Topthorn and actor playing Captain Nicholls greeted 3500 racegoers who had made the journey to Fontwell Park with an interview in the Parade Ring as well as a meeting with ex-racehorse, Monsignor

General Manager, Holly Glover said: "It was fantastic to have the War Horse production team here as part of our All About The Horse raceday We were hoping to deliver a celebration of the racehorse and made sure we had plenty of entertainment for all racegoers including pony rides, a farrier demonstration and a racehorse simulator."

Racegoers were also treated with a visit from recently retired Lough Derg, winner of the totepool National Spirit Hurdle in 2008 & 2009 Lough Derg lead the contenders for Fontwell Park's richest race onto the track for a great race won by Third Intention The 11/10 favourite, owned by Robert and Sarah Tizzard, trained by Colin Tizzard and jockeyed by Colin's son, Joe, took the race convincingly by 9 lengths from 12/1 Topolski after going clear with two fences remaining

In the totepool Foxhunter's trial, The Queen's Barbers Shop just held off keen contentions from Merry Vic to take the race by only half a length The 4/6 favourite is now tipped to take his chance at Cheltenham having now qualified for the Christie's Foxhunters, according to royal racing manager Sir Michael Oswald.

Admissions for this fixture were 20% up on last year's numbers, with a huge rise in advance admission tickets Ticket prices at Fontwell Park have been reduced for all fixtures in 2012, with 80% of racedays offering advance tickets for just £10

Westgate celebrates 25 years of serving the community

WESTGATE Leisure Chichester is celebrating its 25th birthday this year

Since it opened, the centre has welcomed over 17.5 million visitors It runs over 100 classes a week, from Tai Chi to Zumba and is open 362 days a year.

As part of the anniversary year we have been celebrating the opening of the centre's new gym Three local Olympic hopefuls helped to open it - Gemma Spofforth (swimming), Tom Heandre (fencing) and Tom Lord (beach volleyball)

The gym has had a complete makeover, with 78 pieces of new Technogym fitness equipment There are four new zones:

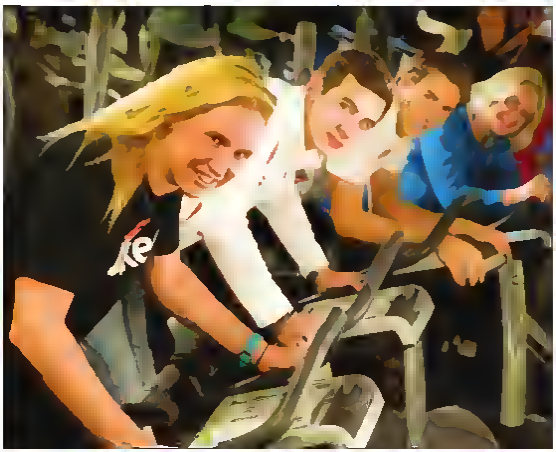
functional training zone – an area where you can perform exercises using your body weight to target core muscles and the lower back,

free weight zone – in this area you can perform exercises using a range of dumbbells, barbells and a squat rack;

cardio zone – this area incorporates treadmills, bikes, rowers, cross trainers and the variable stride trainer; and

fixed resistance zone – the equipment (weight machines, such as chest press, leg curl, or shoulder press) has moveable seats, allowing easier access for wheelchair users

We spoke to the Olympic hopefuls about what they liked about the new gym, Tom Lord, 25, who lives at Chidham, and regularly trains at Westgate, said: "I think the new gym is great There is a real sense of community spirit here at Westgate and the staff are all really knowledgeable



I have been coming here since I was at Chichester High School for Boys There is plenty going on at the centre."

You can now log onto 'Westgate Leisure's new-look website featuring interactive pool and class timetables. There are also 'arrange a visit' forms, class videos and downloadable pocket timetables Plus you can also check out the activities on offer for children at the centre over the Easter holidays See www.westgateleisure.co.uk.

Look out for more details of a free open day on Sunday 22 July and other events to celebrate the centre's anniversary later in the year

Football

Results

Saturday 16 March 2012
Division 1
Arundel 1 - 2 AFC Uckfield
Pagham 1 - 1 East Grinstead Town
Redhill 4 - 2 Chichester City
Selsey 6 - 2 Shoreham

Division 2
Littlehampton Town 2 - 1 Midhurst & Easebourne

Division 3
Broadbridge Heath 4 - 0 Clymping

Tuesday 20 March 2012
Vernon Wentworth Cup 4th Round
Barnham 4 - 1 Lancing Utd

Fixtures

Saturday 24 March 2012
Division 1
Chichester City v St Francis Rangers
Ringmer v Pagham
Selsey v Horsham YMCA
Sidley Utd v Arundel

Division 2
Hailsham Town v Midhurst & Easebourne

Division 3
Barnham v Broadbridge Heath
Eastbourne v Rottingdean Village
Ferring v Clymping

Tuesday 27 March 2012
Division 1
Horsham YMCA v Chichester City

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RYE UNITED	34	25	5	4	94	38	56	80
LANCING	33	22	8	3	71	30	39	74
THREE BRIDGES	30	22	3	5	56	28	28	69
PAGHAM	30	19	6	7	72	43	29	63
HASSOCKS	34	19	6	9	80	53	27	63
PEACEHAVEN & TELS	32	17	6	9	65	43	22	57
LINGFIELD	31	16	6	9	68	50	18	54
REDHILL	31	16	5	10	77	45	32	53
AFC UCKFIELD	32	14	7	11	62	55	7	49
EAST GRINSTEAD TOWN	34	14	4	16	61	70	-9	46
SELSEY	32	12	4	16	56	65	-9	40
CROWBOROUGH ATHLETIC	35	11	7	17	63	75	-12	40
SIDLEY UNITED	33	12	4	17	41	56	-15	40
SHOREHAM	34	9	7	18	54	79	-25	34
ARUNDEL	32	9	6	17	54	78	-24	33
WORTHING UNITED	32	7	11	14	49	68	-19	32
HORSHAM YMCA	33	9	3	21	46	76	-30	30
RINGMER	32	8	5	19	40	59	-19	29
ST FRANCIS RANGERS	33	1	13	19	34	72	-38	16
CHICHESTER CITY	29	2	2	25	26	84	-58	8

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	29	26	2	1	108	26	82	80
HAILSHAM TOWN	28	20	5	3	76	29	47	65
DORKING WANDERERS	28	17	5	6	62	38	24	56
LITTLEHAMPTON TOWN	30	23	11	6	87	33	24	50
EASTBOURNE UNITED AFC	30	14	7	9	49	42	7	49
SOUTHWICK	31	12	11	8	41	34	7	47
BEXHILL UNITED	31	14	4	13	54	60	-6	46
LOXWOOD	28	13	4	11	49	57	-8	43
STORRINGTON	31	11	7	13	58	52	6	40
MILE OAK	32	11	3	18	52	63	-11	36
RUSTINGTON	30	9	9	12	47	58	-11	36
STEYNING TOWN	31	9	6	16	40	67	-27	33
WICK	29	9	5	15	37	57	-20	32
WESTFIELD	29	7	9	13	46	61	-15	30
SEAFORD TOWN	29	8	2	19	41	57	-16	26
MIDHURST & EASEBOURNE	28	8	3	17	51	69	-18	*26
LITTLE COMMON	30	6	7	17	45	62	-17	25
OAKWOOD	30	5	10	15	39	75	-36	25

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	23	17	3	3	78	29	49	54
EALTDEAN UNITED	23	16	5	2	73	21	52	53
PEASE POTTAGE VILLAGE	23	16	1	6	66	35	31	49
FOREST	22	15	2	5	56	35	21	47
BROADBRIDGE HEATH	23	14	3	6	54	31	23	45
BARNHAM	22	13	3	6	62	29	33	42
ROTTINGDEAN VILLAGE	23	11	3	9	44	50	6	36
FERRING	25	10	4	11	37	54	-17	34
IFIELD EDWARDS	23	9	5	9	41	43	2	32
HURSTPIERPOINT	26	8	6	12	41	54	-13	30
UCKFIELD TOWN	22	7	6	7	47	42	5	29
BOSHAM	25	8	5	12	30	47	-8	29
TD SHIPLEY	23	7	1	15	40	58	-18	22
CLYMPING	27	5	3	19	31	83	-52	18
HAYWARDS HEATH TOWN	26	3	6	17	26	59	-33	15
ROFFEY	28	2	4	22	30	95	-65	10

* 1 pt deducted - ineligible player

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